

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.

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Agriculture and Natural Resources

Vector Management Workshop

Robert Scott, County Extension Agent - Ag and Natural Resources

On May 14th 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 Bianca Rendon, Texas Tech University, Pesticide Chemistry taught by Colton Cooper, Sales Representative, ADAPCO and TDA provided Laws & Regulations updates. The program was free to the public and had 36 in attendance. *Issues Addressed: New Herbicide Technology*

AgriLife Extension organizing Grass Grazing and Animal Management School

Robert Scott, County Extension Agent - Ag and Natural Resources

A 10-month Grass Grazing and Animal management School coordinated by the Lubbock Texas A&M AgriLife Extension Service is being held for the Lubbock area.

The school kicked off June 20th in Lubbock at the AgriLife Extension offices for Lubbock County, 1102 E Drew St., Lubbock.

Dr. Tim Steffens, Texas A&M AgriLife Extension Service range specialist, Canyon, will lead the 10-month grazing school.



Jenny Sullivan, Wildcat 4-H Club

The school will provide 40 hours of in-dept training on profitable and productive management of livestock to achieve lifestyle, livelihood and landscape goals. It will meet from 1-5 p.m. each second Wednesday of the month through March.

Topics will be:

- Economics of a grazing-based operation with an emphasis on cow-calf production.
- Basic understanding of ecological processes driving grazed pasture productivity.
- How plants react to defoliation, ramifications for competitive relationships with ungrazed or weedy neighbors, risks associated with drought.
- Animal nutrition and reproduction.
- Livestock interaction with the plants, e.g. distribution, selection of diet.
- Managed grazing to achieve desired economic, production and rangeland goals.
- Goal-setting and monitoring to determine progress toward those goals.
- Infrastructure development and planning.

Issues Addressed:

“Owning Your Piece of Texas: Agricultural Laws Texas Landowners Need to Know”

Robert Scott, County Extension Agent - Ag and Natural Resources

“Owning Your Piece of Texas: Agricultural Laws Texas Landowners Need to Know” was a day-long program designed by Tiffany Dowell Lashmet, Texas A&M AgriLife Extension Service agricultural law specialist in Amarillo. The program was from 9 a.m. to 3 p.m. on May 7th, at the Texas A&M AgriLife Research and Extension Center, 1102 E. Drew St, Lubbock.

All participants received a copy of the “Owning Your Piece of Texas” handbook, which outlines some of the important laws landowners need to be aware of.

In addition to Lashmet, attorneys from each location covered water rights, landowner liability, eminent domain, special-use tax valuation, fence laws, key estate planning documents and more.

The program was free, lunch was sponsored by AgWorkers Insurance. Additional funding has been provided by the U.S. Department of Agriculture and the Southern Extension Risk Management Education Center.

Issues Addressed:

2nd Annual Path to the Plate Workshop

Robert Scott, County Extension Agent - Ag and Natural Resources

On June 26th the 2nd Annual Path to the Plate Workshop was held for K-12th grade teachers. The goal of the Path to the Plate program is for all Texans to make informed decisions related to the food they eat based on truthful, relevant and accurate information. Teachers toured the Blue Sky Dairy, a Vineyard and Bayer Cotton Seed Manufacturing. After lunch the group met at Texas Tech where speakers discussed GMO's - Producing more with less: Genetic Enhancement of Foods, Gardening: Organic vs. Chemical, Food Labeling, toured the Texas Tech Meats Lab and learned about egg production from the manager of the Idalou Egg Ranch.

Issues Addressed:



Like “Lubbock County Path to the Plate” on Facebook.

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



PATH TO THE PLATE

Lubbock Master Gardener Program

Christina Reid, County Extension Agent - Horticulture



- On Saturday, May 4, 2019 at the Lubbock Garden and Arts Center, 4215 University Lubbock, Lubbock Master Gardeners hosted Backyard Chickens.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

- Throughout the second quarter of 2019, Lubbock Master Gardeners assisted Roscoe Wilson Elementary School, Frenship ISD Elementary Schools (all 8) and Rush Elementary, administration and students with best gardening practices and proper planting techniques.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

ALL AG ALL DAY Radio Program

Christina Reid, County Extension Agent - Horticulture

On Tuesday, April 9, 2019 a verbal presentation on landscape *design* was given for the ALL AG ALL DAY radio program.

Issue Addressed: Ag Literacy/educating the Public about Agriculture, Water Conservation and Management

Booker T. Washington Community Garden

Christina Reid, County Extension Agent - Horticulture

Throughout April and May 2019 education and assistance in re-establishing the Booker T. Washington Community Garden at 2109 Cedar Avenue, Lubbock was given to the Lubbock Roots Historical Arts Council. Adults and youth were introduced to plant needs, proper chemical controls and maintenance protocols, plant identification, and production.

Issue Addressed: Ag Literacy/educating the Public about Agriculture, Resistant Weed Management Within Communities, New Herbicide Technology and Drift Management Education.

Lubbock Women's Club

Christina Reid, County Extension Agent - Horticulture

On Monday, April 8, 2019 the program *Landscape Design* was presented to the Lubbock Women's Club at 2020 Broadway, Lubbock. Adults were introduced to principles and elements of the design process.

Issue Addressed: Water Conservation and Management

Girl Scouts of Texas Oklahoma Plains

Christina Reid, County Extension Agent - Horticulture

On Monday, April 8, 2019 education was provided to the Girl Scouts of Texas Oklahoma Plains in order to fulfill their gardening badge requirements. Youth were engaged in hands on, outdoor learning centers at the Lubbock Garden and Arts Center, 4215 University, Lubbock.

Issue Addressed: Ag Literacy/educating the Public about Agriculture, Water Conservation and Management

Quality Day of Play

Christina Reid, County Extension Agent - Horticulture

On Saturday, April 13, 2019 horticulture and family community health partnered to bring information to parents on how to play an active role in quality play with their children through gardening during the Workforce Solutions event at 2002 W Loop 289. Participants (adult and youth) were able to plant pizza garden ingredients (chives, peppers, tomatoes, parsley, and basil) to take home and were given educational information about the benefits of consuming fresh vegetables and herbs.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

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 one recipient receive a scholarship.

Congratulations to the 2019 Texas 4-H Foundation Scholarship recipient:

Payton Brown - \$20,000 Houston Livestock Show

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 have 37 4-H'ers go 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, Public Speaking, Hippology, and Horse Quiz Bowl. 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 2019-20 4-H year. There is now a \$25 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 2019-20 will be held on Wednesday, September 4 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

Teen Pregnancy Prevention & Reproductive Health Education

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

During March and April, collaborative efforts for teen pregnancy prevention and reproductive health education were presented to approximately 85 adults and youth across the Lubbock community. These educational opportunities were carried out in partnership with Parkway Sommerville Centers, Buckner Children and Families, City of Lubbock Health Department, and Waylon Baptist University. In addition to the educational event at Parkway, a health fair with several agencies was held to raise awareness of local resources and services for health promotion.

Nancy and Taiya Jones-Castillo of DSHS collaborated to provide a training session at the Texas Campaign to Prevent Teen Pregnancy's Annual Symposium on April 16 in Austin, Texas. The training provided attendees with tools for teen pregnancy prevention efforts that have been successful in the Lubbock area. The training session was attended by approximately 40 professionals from around Texas.

Issues Addressed: Teen safety, Character Development, Healthy Lifestyles

Job Skills & Training

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

Job readiness workshops covering the topics of resumes, interview skills, and job searches were offered at Estacado High School, Lubbock High School, and Cavazos Middle School through a partnership with Communities in Schools. The workshops were attended by 47 students across the three sites. In addition, there were two presentations for approximately 35 students at South Plains College-Reese Campus about college readiness, tips for success, and resiliency.

Issues Addressed: Character Development, College & Career Readiness, Healthy Lifestyles, Communications Skills, and How to Handle Stress & Pressure, Suicide Prevention

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 2019 conference. The speakers committee is working on the marketing brochure, which should be ready by August. The 2019 Conference will be held on Thursday, **October 24, 2019** at the Broadway Church of Christ. Thirty-nine attended planning meetings last quarter.

Issue Addressed: Parenting



Better Living for Texans

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

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 250 direct educational contacts and graduate 250 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. This position has been vacant since July 2018 due to Mary Alice Robert's retirement.



Collaborative efforts included attending: Parenting Coalition; Building Strong Families, SPAG AaoA; CHCL Diabetes classes; WorkForce; Catholic Charities; Lubbock County Senior Citizens; Managed Care; Junior League; and Summer Youth Food Service Kids Camps at Copper Rawlings, Maggie Trejo and Mae Simmons.

Better Living for Texans certified senior citizen centers received nutritional programs monthly reaching 413 contacts plus 180 home delivery meal recipients in Slaton. Individuals were reminded of healthy eating with lessons on "Find the Perfect Date: Use the Food dating System; Live Well, Be Well: Be Creative; and Importance of Calcium and Vitamin D." 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 "In the Know About Nutrition Ice Cream;" "Making the Most of Microwave Ovens;" and "Omega-3 Fatty Acids." 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 SPAG - 41; Summer Youth Food Service Nutrition Program - 157; Junior League Healthy Kids Camp - 64.

Recruitment and interpretation programs at Texas Tech, had 55.

In June, 12 Senior clients of Catholic Charities attended 5 lessons from the Be Well, Live Well Series entitled Be Independent; Be Able Read the Label; Eat Safe; Be Creative; and Be Fit for 66 contacts.

On April 13, Lubbock County Extension FCH and Horticulture agents along with 7 Master Gardener Interns and 3 Master Wellness Volunteer Interns manned the Plant A Pizza Garden at the Work Force Quality Day of Play event. Approximately 300-400 area youth ages 0-13 and their families were able to plant a vegetable that would go on a pizza to take home and plant in 'their' own garden, received gardening instructions and nutrition information.

Four-Hundred Sixty-one Pre-K-5th grade students received nutrition education during the Lubbock County Extension Office 4-H Outreach program Ag to Youth at Parsons Elementary in May.

Two-hundred seventy-seven clients at Managed Care Center for Addiction were offered, A Fresh Start to a Healthier You! four session series in April, May and June. These classes have a pre-survey, post survey and a 30 day follow up survey to be evaluated.

In May the Thirty-Ninth Annual US Foods Food and Nutrition Seminar held at Texas Tech University was attended by the CEA-FCH.

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, Yanci Yeater and Chloe Bell each completed 32 hours of community rotation in April and June in our office. The Better Living for Texans program was explained to them and the role of a Nutrition Educator in Lubbock County. They chose a topic to create an article for senior adults to be published in the future.

Issue Addressed: Nutrition and Health

Slaton Community Garden Series

Christina Reid, County Extension Agent - Horticulture

Starting Saturday, January 12, 2019 this 12-month series of educational and hands on community garden classes in conjunction with *Better Living for Texans Growing and Nourishing Healthy Communities* have been presented in Slaton. Classes are open to everyone (children-senior citizens) in the Slaton community, held on the second Saturday of each month from 11:00 a.m. - 1:00 p.m. at Slaton Junior High School 300 W. Jean Street, Slaton. Participants aid in designing, constructing, planting and maintaining the community garden. They are also able to take home a portion of the harvest.

Issue Addressed: Ag Literacy/educating the Public about Agriculture, Water Conservation and Management, Obesity- Childhood, Aging Issues- Food Insecurity, Economic Development

Learn, Grow, Eat Go!

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

In June, Agents Trevino-Schafer and Christina Reid, provided a *Learn, Grown, Eat & Go!* (LGEG) training session at Region 17 Education Service Center for regional educators. Educators participated in hands on activities that are part of the LGEG curriculum including the Show and Grow Sombrero and cooking spinach quesadillas. Participants also used AgriLife's blender bike to make fresh salsa. Teachers became aware of resources such as the blender bike that can be used to supplement their science curriculum during the school year through partnership with AgriLife Extension Service. Delivery of the course was aided by Sam Spradlin, 2019 EXCITE Summer Intern.

Issues Addressed: Obesity-Childhood; Character Development-Good Habits; Healthy lifestyles-Nutrition & Exercise; Ag Literacy-Educating the public about agriculture.

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.

Through the use of Do Well, Be Well and Cooking Well with Diabetes or Wisdom, Power and Control, 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 11.

Wisdom, Power and Control was taught to 11 clients at Catholic Charities receiving 8 lessons related to diabetes for 66 contacts in April and May.

Issue Addressed: Nutrition and Health

Texas Extension Education Association

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

The Texas Extension Education members meet the first Tuesday each month from September - June.

Programs for the 2nd quarter were: Hobo Quilts and Country Roads (driving safety) and a tour of the Wayland Baptist University Jimmie Dean Museum. 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.



Food Protection Management

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

The Food Protection Management program offered through Texas AgriLife Extension is being offered by 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 to be in May in Plainview was cancelled. Four took the online test. There was a 100% pass rate for the online test. Collaborating with Kay Davis, Lubbock CEA-FCH was Deana Sageser, Hale CEA-FCH.

Other FPM classes are to be held in Lubbock on July 11 & 12, and will be held in Plainview on September 26-27.

Food Handlers classes were held at the following locations:

June 1 - County Extension Office - 5 attended

June 22 - County Extension Office - 2 attended

Classes were also scheduled for South Plains Community Action on July 22 and WorkForce on July 19th.

Issue Addressed: Nutrition and Health

General FCH

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

Nutrition programs were given for TOPS on Sugar Shockers and Importance of Hydration in April to 16 and Be Well, Live Well: Be Fit to 16 at TOPS in June. An Extension Career Recruitment program was presented to TTU College of Human Sciences Nutrition Seminar students in April, 20 attended. The Lubbock County Clerk's office were reminded of Disaster Preparedness in April and 11 at the West Texas Professional Home Day Care Providers heard about Communication techniques in dealing with families.

Total BLT program contacts = 1,802

Total Other FCH program contacts - 231

Overall Extension

Texas Community Futures Forum

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

Robert Scott, County Extension Agent - Ag and Natural Resources

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

Christina Reid, County Extension Agent - Horticulture

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

Brady Arthur, County Extension Agent - Ag and Natural Resources

On April 22, the Lubbock County Extension Staff Conducted a county-wide Texas Community Futures Forum to determine major issues for addressing between 2020 and 2024.

The FCH Advisory Board and Parenting Coalition members met and assisted with this event. They received results at meetings.

Summer 2019 Internship

Sam Spralin, Summer Intern Lubbock County

There is great value in career exploration as a young adult, and one of the most effective and rewarding ways to find out what you want to do with your life is through an internship. Hello, my name is Sam Spradlin and I am a recent graduate of Texas Tech and this summer's Lubbock County Extension Intern. Over the past ten weeks, I've been given the pleasure of learning about all the different opportunities to extend knowledge, provide solutions, and make a difference in the lives of others that Texas A&M AgriLife Extension has to offer.

With six extension agents in Lubbock County, I've had the opportunity to shadow each of them and learn about all of the different programs and outreach events that they put on to help meet community needs within the county. From educating inner city youth about the basics of agriculture, to networking with local farmers about the overall health of their crops, supporting the local 4-H program, and

everything in between, no day is the same. Lubbock County is blessed to have such a broad scope of programs where each can lean on another to promote education within the community. I am incredibly grateful to have been a part of all of the great work being done right here in Lubbock County.

Although the summer is winding down and my internship is coming to a close, this experience has allowed me to gain knowledge, skills, and a wealth of experience by allowing me to learn from some extraordinary people who are doing some great things here in Lubbock County.

Edwards named AgriLife Extension Better Living for Texans educator for Lubbock County

Cory Edwards has rejoined the Texas A&M AgriLife Extension Service, effective August 1st, as the Better Living for Texans educator for Lubbock County.



“Cory’s extensive background in education and working with families will benefit her tremendously in her new position,” said Michael Clawson, AgriLife Extension district administrator, Lubbock. “She has the added benefit of being a past employee of AgriLife Extension and will be able to hit the ground running.”

Edwards earned her bachelor’s degree in animal science production and her master’s degree in family and consumer sciences education from Texas Tech University, Lubbock.

“I have always felt connected with Texas A&M AgriLife Extension so I am thrilled to be in this new position,” said Edwards. “I look forward to creating opportunities and changing lives through nutrition education with the residents of Lubbock county.”

She most recently worked at Idalou Independent School District for five years where she taught first and third grade. Prior to that she worked for AgriLife Extension part-time as a regional program coordinator for cancer prevention and early detection.

Edwards has also taught for Frenship Independent School District and Tulia Independent School District. From 2001-2005 she served as the AgriLife Extension agent for family and community health for Briscoe, Hall and Potter counties.

Source:

<https://today.agrilife.org/2019/08/08/cory-edwards-joins-agrilife-extension-lubbock/>

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Ronda Alexander

Ronda D. Alexander, CEA-4-H

Brady Arthur, CEA-Ag

E. Kay Davis, CEA-FCH

Cory Edwards, Project Coordinator 1-BLT

Christina Reid, CEA-Horticulture

Robert Scott, CEA-Ag

Nancy Trevino-Schafer, CEA-UYD

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