

# 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

#### Ag Awareness Efforts at the South Plains Fair

Ronda Alexander, County Extension Agent - 4-H and Youth Development  
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 Nancy Trevino, 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, and Trinity. A total of 273 4-H'ers and parents manned the exhibit supplying 667

volunteer hours. Animal exhibits this year included: ducks, chickens, ducklings, chicks, a llama, a pair of peacocks, a miniature hereford, hatching chicks, rabbits and of course the favorite petting animals 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*



Alyssa Elmore, Wildcat  
 4-H Club  
 Senior

### IPM Report

Brady Arthur, County Extension Agent - Ag and Natural Resources

Lubbock County's IPM field scouting program had a peak of nearly 4,000 acres scouted weekly during the summer. Despite the promising spring with ample rainfall, the growing season was abnormally dry. The average rainfall across the county from June 1<sup>st</sup> to August 15<sup>th</sup> was less than 3 inches. The dry growing season coupled with several days over 100°F sped up crop maturity and limited yields. However, growing complications did not end with weather conditions. While crop pest pressure was not as severe as expected there were still several insect pest species causing losses. In sorghum the sugarcane aphid was observed in high numbers and cotton aphids were noted across the county. Isolated cases of stink bug and lygus pressure were also reported. Disease pressure was also a complication early for cotton producers. The wet and cooler spring increased the incidence of seedling disease across the county forcing many to replant. Later season diseases observed were isolated cases of alternaria and Cotton Leafroll Dwarf Virus. An early freeze on October 11<sup>th</sup> caused a premature end to the growing season and cotton harvest has begun.

### 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 20<sup>th</sup> in Lubbock at the AgriLife Extension office. Dr. Tim Steffens, Texas A&M AgriLife Extension Service range specialist, Canyon, will lead the 10-month grazing school. 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 third 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.

### Path to the Plate Teacher Ag Tour

Robert Scott, County Extension Agent - Ag and Natural Resources

The 2<sup>nd</sup> Annual Path to the Plate Teacher Ag tour 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.

### Path to the Plate Youth Beef Expo

Robert Scott, County Extension Agent - Ag and Natural Resources

Seventeen 4-H members attended the inaugural Lubbock/Lynn/Lamb Youth Path to the Plate training, sponsored by Capital Farm Credit. They literally saw the beef process from beginning to end. They toured a feedlot and Texas Tech Meats Lab. They learned about marinades and rubs, grills, how to clean a grill, food safety, beef nutrition, beef labels, cuts and cooking methods. They also had the opportunity to learn how to cook a flat iron steak from Texas Beef Council and brisket from Raider Red Meats.

### Texas Livestock Ambassadors

Robert Scott, County Extension Agent - Ag and Natural Resources

Twenty-five students were selected to participate in the 2019 Texas Livestock Ambassador Program. The Program was held in Lubbock, July 22-25th. The students participated in the Texas 4-H Livestock Ambassador Program to increase their understanding of livestock production knowledge, career development, and higher education and leadership development. After completing the course, the students must contribute 50 hours of youth livestock projects and Texas animal agriculture. Livestock Ambassadors will work a "Commodity Carnival" Exhibit at the South Plains Fair as well as assisting with the market and breeding shows.

**Industrial Hemp Production Tour**

Christina Reid, County Extension Agent - Horticulture

On August 19-20, 2019, Texas A&M AgriLife Extension Horticulture Agent attended an AgriLife Extension tour to explore industrial hemp production issues within Oklahoma and Colorado in anticipation for the upcoming legalization in Texas.



**Lubbock Master Gardeners**

Christina Reid, County Extension Agent - Horticulture

***Fun with Seeds and Growing Things***



On August 7, 2019, Lubbock Master Gardeners hosted two educational children’s programs at Mahon Public Library on 9<sup>th</sup> Street. These free hands-on classes were well attended and full of gardening fun!

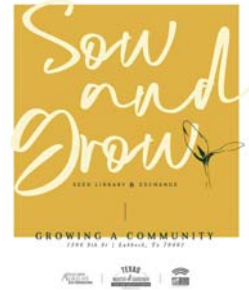
***Scholarship Recipients Announced***

As part of the September 2019 general monthly meeting, Lubbock Master Gardeners were formally introduced to the 2019 recipients of the LMGA Scholarship, Pierce Clary and Gabriella Hale, both from Texas Tech University. The scholarship fund strives to help support new botanists and horticulturists in Lubbock County further their education.



***Sow and Grow Seed Library and Exchange***

During the 2019 gardening season, Lubbock Master Gardeners, Texas A&M AgriLife Extension - Lubbock County and the Lubbock Public Library collaborated to begin the *Sow and Grow* Seed Library and Exchange at Mahon Public Library on 9<sup>th</sup> Street. Participants can pick up free seeds and/or donate seeds to *Sow and Grow*. *Sow and Grow* is completely free and open to anyone in the community - a library card is not required.



**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 3<sup>rd</sup> grade through 12<sup>th</sup> grade may enroll. There is a \$25 enrollment fee through October; after this date, the fee is \$30 per member. Clovers (youth K-2<sup>nd</sup> grade) 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*

**2019 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 2018-19 4-H year. Congratulations to the following Lubbock County 4-H’ers for being recognized as Gold Star Recipients: Wildcat 4-H Club Member: Bryce Hutson, Frenship 4-H Club Members : Payton Brown and Audrey Crawford, and Shallowater 4-H Club Member: Taylor Everitt. Mark Brown, Frenship 4-H Club parent volunteer, was also recognized as the 2019 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 25.

*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 6<sup>th</sup> 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 20 and December 11. Clovers entered items in the South Plains Fair youth division. Projects were made at our Summer Clover Day Camp and at our September Meetings.

### 2018-19 4-H Year in Review

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

For the 2018-19 4-H year, we again experienced a continued growth in our traditional 4-H program. 501 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 4,130, Lubbock County youth. These programs included: Hatching in the Classroom, Ag in the Bag, and Summer Community Center Series programs.

### Farmer's Market for Lubbock Children & Youth

Nancy Trevino, County Extension Agent - Urban Youth Development

On July 29, AgriLife Extension-Lubbock County in partnership with Texas Double Up Bucks, South Plains Hunger Solutions, Texas Tech University - Department of Family Consumer Sciences, held a farmer's market for Lubbock youth at the Lubbock Dream Center campus. The event included hands-on educational activities over *My Plate* guidelines, Fruits, Vegetables, Seeds, a cooking activity using the AgriLife Extension Blender bike, fruit and vegetable tasting, and a garden tour. Through a generous donation from a private donor, approximately 60 youth were able to take home fresh produce from local farms and farmer's market providers including Quailfeather, Juicy Lucy's Veggies, and Texas Country Produce.

*Issues Addressed: Ag Literacy: Public Education of Ag (Youth and Adults); Agriculture Education*

### Art for Emotional Intelligence

Nancy Trevino, County Extension Agent - Urban Youth Development

Emotional intelligence and coping skills have been identified as growing needs for children and youth. This summer, AgriLife Extension partnered with Miss Megan of Miss Megan's Make Room to pilot a new curriculum we

developed, *Art for Emotional Intelligence (Art+EI)*. Approximately 30 older elementary and middle school students from Guadalupe and Parkway Sommerville Centers participated in 9-week program. The students learned about various art techniques including block-out, lettering, self-portraits, silhouettes, shadowing, mark making, the emotions of color, watercolor, mixed media, Kintsugi, collage art, and art critique. Students gained exposure to modern art through books used during class and the hands-on art activities. Students were taught to use the skills developed in art critique to identify positive and negative self-talk. Students engaged in discussions about emotions and using art as a coping skill and community improvement and development tool. *Art+EI* helps youth be better informed and more knowledgeable about their emotions and empowers them to name and express their emotions. During the First Friday Art Trail held on September 6 and for the month of September, student art was exhibited at Miss Megan's Make Room.

*Issues Addressed: Communication Skills; Character Building; Mental Health for Youth and Adults*

### Feed Your Future

Nancy Trevino, County Extension Agent - Urban Youth Development

This summer, AgriLife Extension collaborated with Lubbock ISD, Aramark, Texas Tech University, Texas Hunger Initiative, Catholic Charities, and other community organizations to present *Feed Your Future*, a weekly educational event to help middle and high school students better understand their potential for future jobs, across Lubbock ISD schools. Aramark provided lunch for students. Topics covered during the summer included: Community Leadership, Health Professions, Careers in Music, Culinary Arts, Building a Personal Brand, Careers in Sound Design, and College Athletics. At each session, community members were invited to speak to motivate and encourage the youth to focus on their studies to have the best possible options for their future career goals. On July 25, we had approximately 75 youth and adults attend the College Athletics presentation to hear Coach Eric Vance of South Plains College, two student athletes from Texas Tech, and The Voice of Texas Tech-Judge Curtis Parrish, at Chapman Field. The series was positively received by the youth throughout the summer. Students especially loved the opportunity at each session to take home a small prize and being entered to win a gift card sponsored by local businesses. To be involved in upcoming Feed Your Future workshops, please email Nancy at [nancy.trevino@ag.tamu.edu](mailto:nancy.trevino@ag.tamu.edu).

*Issues Addressed: Ag Literacy: Public Education of Ag (Youth and Adults); Agriculture Education; Character Building; Making Healthy Choices: Nutrition and Diet, Exercise and Activity*

## Reproductive Health Education & Teen Pregnancy Prevention

Nancy Trevino, County Extension Agent - Urban Youth Development

Many young people involved in foster care will not be reunited with their families before they reach the age of 18 and will need to transition out of the foster care system to independent living. The Texas Department of Family and Protective Services (DFPS) developed educational guidelines used when preparing youth for this transition to independent living. This summer, 22 youth in foster care participated in Preparation for Adult Living (PAL) presentations and skill development workshops on topics including healthy relationships, cultural awareness, communication skills, personal care, and reproductive health and sexual responsibility. PAL classes this quarter were presented through a partnership between Texas AgriLife Extension-Lubbock County and Buckner Children & Family Services.

A presentation over personal care and pubertal changes was presented in partnership with Hub City Outreach Center at the Lubbock Impact campus on July 24<sup>th</sup>. Students were given a hygiene kit. The presentation was attended by about 10 youth.

*Issues Addressed: Communication Skills; Character Building; Healthy Relationships; Teen Pregnancy Prevention*

**Better Living for Texans**



### Learn, Grow, Eat & Go

Cory Edwards, Extension Agent - Better Living for Texans

After receiving training from the authors of the Learn, Grow, Eat & Go curriculum on August 1<sup>st</sup>, Cory Edwards, our new BLT (Better Living for Texans) Extension Agent worked with the 7<sup>th</sup> grade science teachers at Dunbar College Prep Academy to implement the 10-week curriculum. After a meeting with the teachers, plans were made to cooperatively teach the gardening and nutrition lessons beginning the first week of school. The two science teachers teach the two “Learn” lessons each week, and Edwards conducts a veggie tasting and recipe demonstration each Friday for the eight classes that participate. There are about 150 students between the two teachers. At the recipe demos “Eat” in August and September, students helped prepare Cinnamon Carrot Crunch, Red Leaf & Strawberry Salad, Spinach Quesadillas, Bok Choy Noodle Crisp, Garden Skillet Sizzle, and Mint Sugar Snap Peas. Not only did they learn how to prepare vegetables in delicious recipes, they also learned about the nutrition the recipes provided. In

addition to the demos, students tasted a different vegetable each week. Each time they use their five senses to give that day’s particular vegetable a grade based on each sense. The goal of the program is to teach youth the importance of eating healthy even with limited resources, how to grow their own food, how to prepare food, and how to eat more fruits and vegetables. Research has shown that kids who grow and prepare their own vegetables are more likely to eat them. The 7<sup>th</sup> grade students have access to seven raised bed gardens that were built and installed by the Master Gardeners several years ago. They have planted cool season vegetables to “Grow” including leaf lettuce, spinach, carrots, and Swiss chard. When harvested, the students will get to take home the vegetables they have grown “Go.” The program will continue through mid-November and will conclude with a graduation where the students will receive recipe books with all of the recipes they have helped prepare as well as vegetable seeds to plant on their own.

### Other BLT Activities

Cory Edwards, Extension Agent - Better Living for Texans

Since beginning in the position on August 1<sup>st</sup>, Edwards has been looking for opportunities to teach the program series she has to offer to different low-income audiences. She met with the Lubbock Dream Center’s Compassion Ministries Coordinator and planned a *Walk N Talk* program to kick off the new year. Edwards also presented a program for Catholic Charities *Learn to Cook* program teaching participants about the Importance of Physical Activity in an effort to promote a *Walk N Talk* program there in the months of October, November and December. *Walk N Talk* is an eight-week series that focuses on increasing physical activity with nutrition messages in a discussion format. Participants walk together once a week after short lessons called “Rethink Your Drink.”

### Better Living for Texans

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

- Better Living for Texans qualified senior citizens centers are receiving monthly nutrition programs. This past quarter programs included: “In the Know About Nutrition: Ice Cream;” “In the Know About Nutrition: Omega 3 Fatty Acids;” and “In the Know About Nutrition: Making the Most of Your Microwave.” They received a demonstration on how to make healthy ice cream using frozen fruit, yogurt, skim milk and flavorings. The programs were delivered to 414 BLT senior citizens by Kay Davis. One-hundred eighty home delivered meal clients in Slaton also received the flyers.

- Maggie Trejo, Mae Simmons and Copper Rawlings Community Centers Summer Youth Food Service Camp Programs received nutrition education twice a month in July and August reaching 128 youth and counselors in programs on MyPlate Grains, Fruit & Dairy, and Proteins.
- In July, August and September the Texas Tech University Dietetic Internship program provided the Lubbock County FCH program with two dietetic interns to complete their community nutrition rotations. Intern, Lynne Warren spent 32 hours in August assisting at Summer Youth Food Service nutrition programs at Maggie Trejo, Copper Rawlings, Mae Simmons, Copper Rawlings Senior Center, attending the Parenting Coalition and FCH Advisory Board meetings, Catholic Charities Produce Safety & Organic vs. Non-Organic programs and writing articles to be used for future senior center nutrition programs. Intern, Kimberly Brown spent 40 hours in September assisting with teaching youth and adult classes at Catholic Charities, 19<sup>th</sup> Street Senior Center, Homestead Senior Center with Kay Davis and at Dunbar College Preparatory Academy with EA-BLT, Cory Edwards. She also wrote articles to be used for future senior center nutrition programs.
- A program on Families Cooking Together was team taught by Kay Davis, CEA-FCH and Nancy Trevino, CEA-Urban Youth Development at Buckner's Family Hope Center for 10 of their clients and community residents using the blender bike to make fresh salsa to use in a black bean and corn salad as a main dish to promote increasing fruit and vegetable consumption. Ground Beef taco meat was also available to add to the meal.

*Issues Addressed: Healthy Pregnancy-Infant Mortality; Early Brain Development, Obesity-Childhood; Walking Paths, Aging Issues-Food Insecurity, Safety-Personal*

**Family and Community Health**

**Food Protection Management**  
E. Kay Davis, County Extension Agent - Family & Community Health



Food Handlers classes were presented to 163 South Plains Community Action Association Head Start teachers and cooks as required by Texas and Lubbock food inspectors in July and to 2 Work Force clients for job skills training. Only 26 SPCAA participants were getting new Food Handler cards. The others attended as a review.

CEA-FCH Kay Davis, team taught with the Hale CEA-FCH agent the 2-day Certified Food Managers class to 14 in Lubbock in July and to 4 in Plainview in September. Thirteen of the eighteen passed the ServSafe National CFM test that is good for 5 years.

*Issues Addressed: Financial Insecurity, Safety*

**Health and Wellness**

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

Catholic Charities was the site of 3 weekly programs on *Cooking for Healthy Blood Sugar* (DASHing Your Way to Improved Health, A Virtual Grocery Store Tour, and Cooking with Spices & Herbs), and a 5-week series on food safety (Pantry Pests and Reading Date Marks and Labels; Produce Safety and Organic vs. Non-Organic; Food Safety when Disaster Occurs & Water Safety in Disasters; Slow Cooker Safety by Cory Edwards, and Grilling Safety by Master Wellness Volunteer, Anna Sullivan; and 2 lessons on Home Canning Safety and Baking Basics to promote the South Plains Fair participation. Forty-seven participated this quarter. These were general health and nutrition programs to clients at a BLT site.

Two Master Wellness volunteer Interns assisted with various programs providing approximately 30 hours of service.

Diabetes Education is provided by Agent, Kay Davis collaborating with the Community Health Center of Lubbock. *Carb Counting* and *MyPlate for Diabetes* and *Cooking for Diabetes* was presented to 7 this quarter.

Be Well, Live Well, Be Fit was presented to 38 Foster Grandparents to encourage fitness activities.

*Issues Addressed: Obesity-Childhood, Safety-Personal*

**Building Strong Families/  
Parenting/FCH Advisory Board**

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

The Partner's for Parenting Coalition met in August to network, discuss the Lubbock County Texas Community futures Forum results, and the 2018 FCH Annual Reports. 6 attended.

Two attended the FCH Advisory Board Meeting held in July. Banking issues were discussed as well as 2019 programs.

The Building Strong Families Conference Planning Committee meets every 4<sup>th</sup> Monday from January-August,

twice in September, and every week in October until the BSF conference on the 4<sup>th</sup> Thursday of October. The 24<sup>th</sup> Annual Conference was held on October 24<sup>th</sup>.

*Issues Addressed: Obesity-Childhood, Walking Paths, Aging Issues-Food Insecurity, Financial Insecurity, Safety-Personal, Crime Prevention, property Protection, Economic Development, Healthy Pregnancy-Infant Mortality, Early Brain Development.*

### **General FCH/4-H FCH**

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

Davis assisted with the Lubbock County 4-H Food Leader Training, planning the food show and food challenge contests, etc. and attended the Lubbock County Emergency Preparedness Committee meetings. Davis also attended and assisted with the 2019 Lubbock County 4-H Achievement Banquet at the Ag Museum.

Davis serves on the South Plains Association of Government Area Agency on Aging Advisory committee and presents quarterly senior center nutrition programs to the senior center directors and bookkeepers.

*Issues Addressed: Obesity-Childhood, Aging Issues-Food Insecurity, Financial Insecurity*

### **Mental Health First for Youth and Adults**

Nancy Trevino, County Extension Agent - Urban Youth Development

During July, August, and September, AgriLife Extension partnered with StarCare to provide Youth Mental Health First Aid (YMHFA) training to Lubbock Independent School District (ISD), O'Donnel ISD, and Levelland ISD personnel including teachers, nurses, counselors, assistant principals, principals, and superintendents. Approximately 150 individuals participated in the YMHFA training.

In August, Nancy attended a training in Austin, Texas to become a dual-trained facilitator for Mental Health First Aid (MHFA) for adults. Nancy previously attended a training in January to become a certified facilitator for Youth Mental Health First Aid (YMHFA). Both trainings were supported through the Rebuild Texas grant which has helped provide disaster relief across Texas. MHFA and YMHFA trains individuals to use a 5-step action plan to recognize and assist youth or adults who display mental health challenge or who are in crisis. To attend or schedule a Mental Health First Aid or Youth Mental Health First Aid training for your group or organization, contact Nancy Trevino, County Extension Agent-Urban Youth Development by email ([nancy.trevino@ag.tamu.edu](mailto:nancy.trevino@ag.tamu.edu)) or phone (806-775-1740).

*Issue Addressed: Mental Health for Youth and Adults*

### **Family Education**

Nancy Trevino, County Extension Agent - Urban Youth Development

In July, AgriLife Extension presented the end of *Difficult Family Discussions* series at Buckner Family Hope Center. Topics covered were: reproductive health and puberty and cooking together as a family. After the summer series was completed, Buckner Hope Center invited us to repeat the *Difficult Family Discussions* series beginning in August. Topics covered this fall have been: Finding Common Ground through Art, Money Matters, and Sharing Your Values & Expectations with Your Teen. There have been 6 families that have attended the series this fall. Remaining presentations include: Growing Up - Puberty & Reproductive Health on November 13 and *Cooking Together* on December 11. Both remaining classes will be held from 6-8pm at Buckner Family Hope Center located at 1510 S Loop 289, Lubbock, TX 79412. Anyone is welcome to attend childcare is provided but pre-registration is required. To pre-register for classes, call 806-799-0990.

*Issues Addressed: Parent Education; Healthy Eating Across the Lifespan: Learning to Cook, Obesity Prevention; Healthy Relationships: Teen Pregnancy Prevention*

### **Adult Education & Training**

Nancy Trevino, County Extension Agent - Urban Youth Development

On June 25<sup>th</sup>, Nancy, CEA-Urban Youth Development, provided a training for StarCare Specialty Health System during the 2019 HIV Services Administration Agency 2019 Annual Provider Meeting. Approximately 30 case managers and supervisors attended the training over the impact of HIV status on mental health. The training was positively received by those who attended from across Texas, including El Paso, Midland/Odessa, Lubbock, and Amarillo.

On September 21, Nancy presented information for the Marriage Enrichment Seminar presented by Buckner Children and Family Services at the Buckner Family Hope Center. The workshop was attended by 20 individuals and covered communication, self-care, and supporting your partner for positive outcomes for your children.

In August and September, Nancy partnered with the Texas Tech University Early Head Start program to present parenting socialization workshops. We covered coping skills in August and communication skills in September. The workshops were attended by 14 people.

*Issues Addressed: Mental Health for Youth and Adults; Parent Education; Communication Skills*

Upcoming Events

**High Plains Ag Conference**

Robert Scott, County Extension Agent - Ag and Natural Resources

This year's High Plains Ag Conference will be held December 6, 2019 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 educations 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 7, 2019 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

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