

# 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

#### 2019 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, 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 2019 Ag in the Bag Event was conducted at the Texas Tech Livestock Arena during October 15-17. A total of 992 students and teachers participated in this event.



Photograph by Mac Chaloupka, 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

On December 6<sup>th</sup>, twenty-nine producers attended the High Plains Ag Conference and received five CEU's. The Lubbock Ag Committee helped plan this conference with row crop producers in mind. Topics and speakers included:

- Integrated Pest Management Considerations in Cotton - Suhas Vyavhare, Ph.D., AgriLife Extension Cotton entomologist, Lubbock
- Controlling weeds in the landscape - Christina Reid, AgriLife Extension horticulture agent, Lubbock
- Pesticide Laws and Regulations - Debbie Slocum, assistant regional director, Texas Department of Agriculture, Lubbock.
- Industry Update - Angie Martin, industry relations, Texas Corn Producers, Lubbock.
- Corn Herbicide Management in Water Limited Environments - Jourdan Bell, Ph.D., AgriLife Extension agronomist, Amarillo.
- Soil Health and Cover Crops - Katie Lewis, Ph.D., AgriLife Extension soil scientist, Lubbock.

Corn Producers sponsored the meeting.

### Lubbock Master Gardener Program

Christina Reid,  
County Extension Agent - Horticulture



#### ● Success with Succulents

On Saturday, October 12, 2019 Lubbock Master Gardeners presented Success with Succulents to the general public. The event was held at the Texas Tech University Greenhouse, Lubbock.

#### ● Hobby Greenhouses on a Budget

On Saturday, October 19, 2019 Lubbock Master Gardener, Dennis Howard, hosted an educational program open to the public on hobby greenhouses at the Lubbock Garden and Arts Center, Lubbock.

#### ● Grape Day at Llano Estacado Winery

On Saturday, October 26, 2019 the Lubbock Master Gardeners hosted an information booth at Grape Day hosted by Llano Estacado Winery, Lubbock. Lubbock Master Gardeners distributed information on multiple topics including Texas Superstars, water conservation, and school gardens as well as fielded questions from the Grape Day patrons.



#### ● Soil Basics

On Saturday, November 23, 2019, Lubbock Master Gardener, Dennis Howard presented Soil Basics. Topics included how to build good soil, lasagna gardening, and composting. The event was held at the South Plains Food Bank GRUB Farm, Lubbock.

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

### South Plains Conservation Workshop Series

Christina Reid, County Extension Agent - Horticulture

On Thursday, October 24, 2019, Texas A&M AgriLife Extension Horticulture and Agronomy/IPM partnered with NRCS, Texas Forestry Service, HPWD, and TPWD to host a free educational event for landowners at the Lubbock Lake Landmark, Lubbock.

*Issues Addressed: Water Conservation and Management, Ag Literacy/educating the Public about Agriculture.*

**Heart of Lubbock Community Garden  
Fall Harvest Festival**

Christina Reid, County Extension Agent - Horticulture

On Saturday, October 26, 2019, Texas A&M AgriLife Extension Horticulture and Agronomy/IPM hosted an information booth and assisted with harvesting activities at the Heart of Lubbock Community Garden, Lubbock. Agents distributed information on multiple topics including fall gardens, correct plant varieties for the South Plains, and the insects of the South Plains.

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

**Lubbock Christian University Composting Program**

Christina Reid, County Extension Agent - Horticulture

On Thursday, November 21, 2019, agent presented *Composting* to students and staff of Lubbock Christian University, Lubbock.

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

**Industrial Hemp Program**

Christina Reid, County Extension Agent - Horticulture

On Thursday, December 19, 2019, a presentation was given on Industrial Hemp: An Update in Texas to adults of the general public at Texas A&M AgriLife Research and Extension Center, Lubbock. Texas A&M AgriLife agents from across the district cooperated on this program.

*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

For 2019, 26 4-H Clovers (youth K-2nd grade) were involved in 4-H Clover activities which included monthly meetings, a summer day camp, the county photography contest, the County fashion show, the County Food Show and County Roundup.

A total of 59 youth enrolled in Lubbock County 4-H for 2018-19. The Wildcat 4-H Club has also conducted monthly Clover project meetings with 19 youth participation in these activities.

Through these experiences, 4-H Clover parents reported their Clover 4-H'er: had fun, developed social skills, learned how to work with others, developed public speaking skills, made new friends and developed life skills.

Clovers meet once a month on Wednesdays at the County Extension Office. Our next meeting will be held on March 4 at 5:30pm at the County Extension Office.

**Youth Life Skills**

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

For 2019, the Youth Life Skills program provided opportunities for youth to learn financial management skills and job skills. The *Dollars and Sense* programs were conducted for 14 New Deal High School seniors, 7 college students completing Dispute Resolution classes, and 23 South Plains Food Bank-GRUB participants.

Three classes made up of LISD High School students at the Byron Martin ATC participated in the Job Skills series, learning about interviews, resume development and developing good work habits.

A total of 85 students were reached through these educational program.

**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 15, 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. Twelve Teen Council members also braved the weather to serve as Salvation Army Bell-Ringers at the 19<sup>th</sup> Market Street on December 14. Six members also assisted with Christmas at the Farm at the Bayer Ag Museum on December 8.



**Gold Star and Leader Recipients**

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

On Monday, November 25, four 4-H'ers and one volunteer leader were honored at the 62<sup>nd</sup> Annual Gold Star Banquet at the Eberly Brooks Events Center. Gold Star recipients recognized this year were: Wildcat 4-H Member: Bryce Hutson, Shallowater 4-H member, Taylor Everitt and Frenship 4-H club Members Payton Brown and Audrey Crawford. Also recognized as a Distinguished Leader was Mark Brown, Frenship 4-H Club Leader.

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

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

For the 2018-19 4-H year, participation in nutrition, clothing and consumer projects totaled 190 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

December 7<sup>th</sup> Lubbock County hosted the D2 Livestock Ambassador Showmanship Clinic. The clinic had fifty-five 4-H and FFA members in attendance and thirty parents and leaders. Twelve youth led and taught the showmanship clinic. Instructors demonstrated proper showmanship techniques in leading, bracing, eye contact, leg placement, spacing and arena presence. The clinic was held at the Texas Tech Livestock Arena. Ambassadors are required to commit at least 40 hours of service annually.



**Lubbock County 4-H'ers Win National Competition**

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

Four Lubbock County 4-H'ers have accomplished a first for Lubbock County 4-H in winning the National 4-H Consumer Decision-Making competition at the National Western Roundup, held in Denver Colorado on January 11. This is the second consecutive year that Texas has won the National 4-H Competition.

The team consisted of Wildcat 4-H Club Members Alyssa Elmore and Mac Chaloupka, and Frenship 4-H Club members Audrey Crawford and Ashlynn Messer. Team members were Grand Champion in the overall team division, second in Oral Reasons and first in the Group Think competition; Audrey Crawford was 2<sup>nd</sup> High Individual Overall, and fifth in Placings; and Mac Chaloupka was 3<sup>rd</sup> in Oral Reasons.

The team qualified for the National competition by winning first at Texas 4-H State Roundup, held in College Station in June of 2019. The Consumer Decision-Making Contest allows youth to develop and utilize their decision-making skills by placing 6 classes of consumer oriented items which included: toys, healthy snacks, backpacks, active-wear, smoothies and wearable technology. Youth are also required to give two sets of oral reasons over the classes they have placed, and complete a Group Think process as a team. The Group Think requires members to work together in placing a class, reviewing and selecting options according to an identified scenario, and then give an oral presentation over their choices.



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

Nancy Trevino, County Extension Agent - Urban Youth Development

During this quarter, Nancy partnered with StarCare to provide Youth Mental Health First Aid (YMHFA) and Mental Health First Aid (MHFA) adult trainings in the Lubbock area. MHFA and YMHFA trains individuals to use a 5-step action plan to recognize and assist youth or adults

who display mental health challenges or who are in crisis. During October, November, and December, 66 school counselors, Family and Consumer Science student teachers beginning classroom instruction in Spring 2020, and other educators from West Texas were trained in YMHFA at Lubbock ISD, Region 17 Education Service Center, and Texas Tech University. In addition, Nancy conducted her first adult MHFA class for the City of Lubbock Code Enforcement Department. Congratulations to the 84 individuals who became certified Mental Health First Aiders in our local community this quarter! To join them by attending or scheduling a 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*

### Reproductive Health Education and Teen Pregnancy Prevention

Nancy Trevino, County Extension Agent - Urban Youth Development

As rates of teen pregnancy decline across the US, West Texas rates continue to stay higher than rates in other parts of the country. Nancy, CEA-Urban Youth Development, continues to use evidenced-based curriculum and develop partnerships in our local community with the hope of reducing these rates and related negative social impacts. Nancy presented about reproductive health and how to talk to your teens in both English and Spanish at the 2019 Building Strong Families Conference held in November. About 25 parents, grandparents, and other caregivers attended the presentations. Nancy also presented at the Preparation for Adult Living (PAL) workshops to cover reproductive health and healthy relationships for approximately 30 youth preparing to age out of foster care. Nancy also chairs the Lubbock Area Teen Pregnancy Prevention Coalition meetings which are held on the 2<sup>nd</sup> Tuesday of each month at the United Way Board room. During the final quarter of 2019, about 35 individuals from education, banking, and healthcare met to plan the free *Growing Up Healthy* event to be held in February.

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

### Job Skills and Training

Nancy Trevino, County Extension Agent - Urban Youth Development

Job readiness workshops covering the topics of resumes, interview skills, and job searches were offered at the YWCA for about 40 youth. The East Lubbock Resident Owned Business Initiative and the upcoming youth trade program were presented by Reggie Dial and Nancy Trevino at Family Night at Dunbar College Preparatory Academy for about 25 families in December.

*Issues Addressed: Character Development, College & Career Readiness, and Communication Skills.*

### Human Trafficking

Nancy Trevino, County Extension Agent - Urban Youth Development

In November Nancy and Matt Short, Assistant Professor and Civilian Training Officer for UT Health-San Antonio, teamed up to present a poster and host a panel for human trafficking awareness for first responders at the Texas EMS Conference, one of the largest in the nation. These sessions were well attended, and they received very positive feedback. They will be presenting additional trainings in the near future, including an upcoming symposium in Lubbock. For more information, you can contact Nancy at [nancy.trevino@ag.tamu.edu](mailto:nancy.trevino@ag.tamu.edu) or by phone at 806-775-1740.

*Issues Addressed: Relationships: Sexual Violence; Human Trafficking; How to treat people*

### Better Living for Texans



Cory Edwards, Extension Agent - Better Living for Texans

- **Learn, Grow, Eat & Go**

The Learn, Grow, Eat & Go! Series continued on Fridays in October and November for 7<sup>th</sup> grade science students at Dunbar College Prep Academy. Eight classes were conducted on four different occasions with a total of 130 students. Students participated in veggie tastings with broccoli, celery, cucumbers and cactus where they graded each vegetable based on their five senses. They also assisted with a hands-on food demonstration where they helped prepare and tasted four different healthy vegetable recipes. A graduation was held at the last session in November where each student received a completion certificate, a seed packet, a cutting board, a recipe book, and their choice of a rain gauge, pedometer, or soup mug.

- **A Fresh Start to a Healthier You**

After meeting with LISD head start specialists, *A Fresh Start to a Healthier You* series kicked off at Jackson and Rush Elementary schools in November. Three sessions were held for Head Start parents at each campus. Six parents participated in the classes where they made healthy recipes and learned tips to plan healthy meals on a budget for breakfast, lunch and dinner. Weekly class activities also addressed hand-washing, food safety, My Plate, and grocery shopping.

- **Walk N Talk**

*Learn to Cook* program participants at Catholic Charities of Lubbock took part in a program called *Walk N Talk* where participants met weekly for a *Rethink Your Drink* lesson and to exercise together. This 8-week series covered hydration, water as a nutrient, bottled vs. tap water, sports drinks, infused water, alcohol, and sugary drinks. Each session included 20-30 minutes of exercise including walking, chair exercises, and resistance band workouts. Eight ladies participated in this series and boasted different results, but, the most meaningful success story was the lady who was able to get rid of her cane as a result of the series.

- **Senior Citizens Centers -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: *Collagen Supplements, Elevated Tryglicerides, and Bananas*. These were presented to 6 BLT Senior centers with approximately 439 participants, plus 180 home delivery. These programs were also presented to the SPAG AAoA Senior Center Bookkeepers and Directors at their quarterly meeting.

*Issue Addressed: Nutrition, Health & Wellness*

## 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 24, 2019 at the Broadway Church of Christ with approximately 150 attending. In addition there were 15 committee members, 5+ volunteers, 28 presenters, a parent and student panel, 13 exhibit tables, and 6 facilitators for a total of 185.



Grant funds were received from a Charitable Trust of \$1,500 which, along with paid participant fees of \$12/per person (\$1,800) covers the cost of the conference and speaker fees.

In 2019, there were: Total lunch tickets collected – 150. Results will be available in the Annual Summary at <http://lubbock.agrilife.org>.

Better Living for Texans brochures and 2020 Nutrition and Fitness Calendars were given to participants that stopped by the My Plate Nutrition display table at the Building Strong Families Conference.

*Issue Addressed: Parenting*

### 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 *Wisdom, Power and Control; 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, one class on Carbohydrates was taught with the Community Health Center of Lubbock sponsoring and assisting.

*Issue Addressed: Nutrition & Health*

### 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 2019-2020 and to get reports from the State Meeting.



Programs in 2019-2020 will include:

1. Indoor Winter Gardening
2. Home Safety For All
3. Use It or Lose It: Gaining Balance, Flexibility and Strength
4. Cooking with Pressure
5. Food Handlers Safety

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 0157: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 but was rescheduled for the end of September. The October class in Lubbock had 3 participants. One online test was held in Lubbock in December. All 3 passed.

Two Food Handlers classes were taught at WorkForce Solutions in the fourth quarter of 2019 with 8 attending. More Food Handler classes are needed in 2020 due to 2016 State laws requiring the class and are scheduled approximately every month at Work Force for their clientele.

*Issue Addressed: Food Safety, Job Skills*

### Master Wellness Volunteers

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

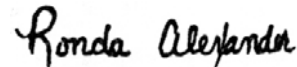
Two Master Wellness Volunteer interns assisted with 4-H Nutrition contests in October and November and will continue into 2020. A new class began January 21, 2020.

### TTU Dietetic Interns

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

TTU dietetic interns will begin new rotations in February 2020 and go through December 2020. Eight completed rotations in Extension in 2019.

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