

Extension At A Glance - Lubbock County

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Agriculture & Natural Resources / 4-H and Youth Development / Family and Consumer Sciences / Community Development

MISSION

**Improving the lives of people, businesses, and communities across Texas and beyond
through high-quality, relevant education.**

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2020 First Quarter

May 2020

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Agriculture and Natural Resources

Lubbock County Agricultural Increment Estimates Completed

Robert Scott, County Extension Agent - Ag and Natural Resources

Each year, Extension agents in each county office complete an annual Agricultural Increment Report that provides an estimate of gross farm level receipts from agricultural related commodities produced in that county. The Lubbock County staff completed this report with the assistance of the Lubbock County Ag Committee and various agri-business representatives. Lubbock County's gross farm receipts were estimated at \$198 million dollars for 2019.

Issues Addressed: Ag Literacy/Educating the Public about Agriculture.

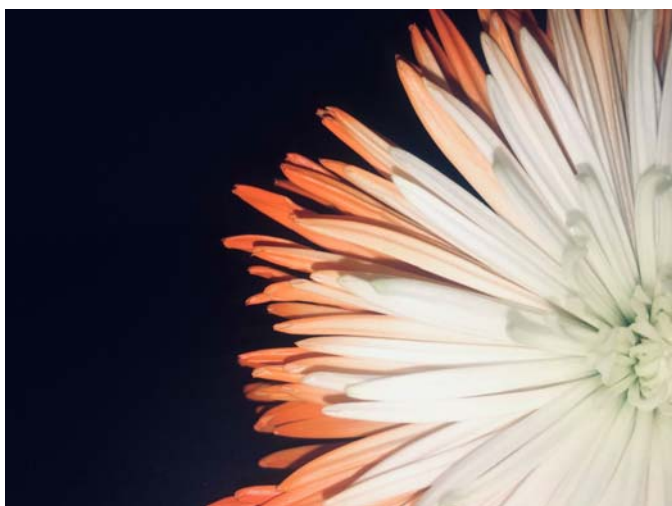
4-H and Youth Development

County 4-H Photography Contest

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

This year, 34 4-H'ers submitted 218 photography entries for judging. Entries included all levels: Clover, Junior, Intermediate and Senior. You will have the opportunity to see some of these photos throughout the next year as they are included in each edition of Extension At A Glance.

When life is back to normal, photography entries will be judged and on exhibit, hopefully throughout the summer for you to come by the Extension Office and visit.



Madyson Chaloupka, Intermediate, Wildcat 4-H -
Still Life Category

We also included a contest for parents this year and had 5 parents submit 24 entries in 11 categories.

Issue Addressed: 4-H Work, programs and leadership development

Lubbock County 4-H Virtual Photography Challenge

A new activity for the 4-H Photography project this year has been the Photography Challenge. This years challenge was for 28 days with 4-H’ers having the opportunity to submit a photo on each of the 28 days, according to the daily challenge. After the 28 days of Challenge, 20 4-H’ers submitted a total of 126. They are posted on a private Facebook Group page, if you would like to see them, visit our 4-H Facebook Page and request to join the group.

Issue Addressed: 4-H Work, programs and leadership development

Teen Dollars and Sense Virtual Series

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

Our 4-H Youth and Adult Advisory Board thought that the Dollars and Sense program was something that our Lubbock County 4-H teens might be interested in. The series was offered in February as a traditional face to face meeting, but because of weather and other conflicts it was postponed until a later date. Well, that later date happened as an on-line series conducted using TEAMS which was held on April 4, 5, 14, 21 and 23. Twenty 4-H’ers signed up for the class, with 14 completing the series. Evaluation results have indicated that budgeting was one of the most helpful parts of the series. These teens have learned about needs vs. wants, goal-setting, budgeting, and credit.

4-H Clothing Project Highlights

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

This year we were able to get in a few 4-H clothing and textile project activities before COVID 19 changed our lives. We held a couple of sewing workshops where 4-H’ers constructed a straight skirt, a kimono-style vest and a t-shirt re-fashioned into a dress. Unfortunately, we’ve had to put the County Fashion Show on hold for now, however we hope to be able to have some summer County and District opportunities for 4-H’ers to exhibit their skills. Five 4-H Clovers (K-2nd grade) and sixteen 4-H’ers (junior, intermediate and senior) submitted entries for the County Fashion Show. These entries included constructing garments as well as using their consumer skills to purchase their fashion show entries.

We also had a great storyboard workshop where 4-H’ers had the chance to learn about new opportunities with Interior Design in the Fashion and Interior Design Project. Two Interior Design Storyboards and seven Fashion Storyboards were submitted for judging. We are currently

on hold for any 4-H competitions to be held (we follow UIL guidelines), until life is back to normal. However, when life is back to normal, these storyboards will be on display at the Extension Office and posted on the 4-H Facebook page for you to see their wonderful and creative abilities.

Lubbock County 4-H Update

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

Through 4-H, we have tried to be creative in finding new ways to keep our 4-H’ers involved and learning. From March 13 through May 20, all Extension and 4-H face-to-face programs have been cancelled or hopefully postponed. This hasn’t kept our 4-H’ers down though, many of them have hopefully learned that there are many ways to stay involved, we just have to be more creative and looking outside of the box. All of our Spring 4-H Contests have been cancelled, as has State 4-H Roundup in June. We are looking for alternative activities over the summer to provide quality educational learning experiences!

2020 Major Livestock Show Summary

Robert Scott, County Extension Agent - Ag and Natural Resources

One Hundred eighteen (118) 4-H Projects were exhibited at the County stock show and 245 animals were exhibited at Texas major shows.

Highlights:

- Heifers - 2 Champion and Reserve Champions
- Sheep - 2 Grand Champions
- Steers - 2 Breed or Reserve Champions - 1 Reserve Grand Champion
- Pigs - 1 Breed Champion
- Scholarships - One \$10,000 scholarships

- Houston Livestock Show - Cancelled
- Austin Livestock Show - Cancelled

Better Living for Texans

Cory Edwards, Extension Agent - BLT

Walk Across Texas!



This go-getter group logged a whopping 1,950 miles Walking Across Texas (or around, rather, in this case!) In 8 weeks! From Lubbock to Corpus Christi and back with a few fun detours - we walked and talked about healthy beverages and hydration. Twenty eight of the Lubbock Dream Center’s walking club participants graduated with the healthy habit of daily physical activity and healthier drink choices.



These Seniors Don't Act Their Age!

Altogether, participants in the Walk Across Texas! Senior Center competition in Lubbock County logged a grand total of 5,588.17 miles “walking” across Texas in 8 weeks! Results of this friendly competition are as follows:

- 1st Place with 2,971.16 miles - Slaton Senior Center
- 2nd Place with 833.15 miles - Maggie Trejo Senior Center
- 3rd Place with 757.27 miles - Copper Rawlings Senior Center
- 4th Place with 676.4 miles - 19th St. Senior Center
- 5th Place with 350.19 miles - Mae Simmons Senior Center



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 participants in BLT at the Gold level. The county will present nutrition education for limited income families and will graduate 250 adults and 250 youth from a lesson series.

One hundred forty-one seniors at 6 Senior Centers (390 in the first quarter) plus 60 home delivered meal clients in Slaton are receiving monthly nutritional programs at BLT qualified centers by the County Extension Agent FCH. First Quarter topics included: “Healthy H-A-P-P-Y N-E-W Y-E-A-R,” “Eat Smart for Heart Health: Reduce Sodium, Prevent High Blood Pressure,” and “Eat Smart for Heart Health: Lower Fat & Reduce Your Cholesterol.”

Programs for this next quarter are: “Preparing for the Unexpected” “Would Your Kitchen Pass Inspection,” “Is This Food Still Safe to Eat?” Texas Tech Dietetic intern, Hannah Thomas presented nutrition programs and wrote articles for future use at Senior Centers. The Dietetic Intern Program has been suspended until the COVID-19 crisis is over.

- Agent continues as a member of the SPAG Area Agency on Aging advisory committee.
- In Feb-March, Clients of Catholic Charities were introduced to the lesson series, Step Up to Scale Down. Texas Tech Senior Nutrition major and Master Wellness volunteer intern Anna Sullivan, taught one of the sessions of the series.
- Agent attended with 1 TTU Dietetic Intern the Food Access for Seniors Meeting of the TX Hunger Initiative, which is re-activating with a new director for this area.

Issue Addressed: Obesity-Childhood; Walking Paths and Aging Issues - Food Insecurity; Financial Insecurity

Family and Consumer Sciences

Building Strong Families Conference

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



The 2019 BSF Conference with approximately 250 participants was evaluated at the January BSF meeting. Results were also included in the Parenting Annual Report, located on the Lubbock county Extension website. The Building Strong Families Board

will meet monthly to plan the 2020 conference. The speakers committee has met and is working to identify and schedule speakers. The 2020 Conference will be held on Thursday, October 22, 2020 at the Region 17 Education Service Center in Lubbock.

This agent also presented Emergency Preparedness, Pandemic Flu & COVID-19 information to 21 at the West TX Home Day Care Association in March and advertised 3 online free day care provider trainings in March/April and is working on a virtual Families Reading Every Day program for April/May.

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, 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.



Lubbock County FCH Extension Agent partners with the Community Health Center of Lubbock to teach carbohydrate counting. The 2019 Annual Report is available on the website in the Lubbock County Health and Wellness Report.

Diabetes During COVID-19 online series will be offered April 28, May 5 & 12, 2020. Information will be available on the Lubbock CEO website/social media.

Call the County Extension Office at 775-1740 for information.

Issue Addressed: Obesity-Childhood; Walking Paths

Food Protection Management/Food Handlers

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

The Food Protection Management program offered through Texas AgriLife Extension is offered by Agents: Kay Davis as well as other FCH Agents in the South Plains district. These programs are offered to promote the service of safe food and assist food service managers and employees to legally practice their trade. These classes have been placed on hold during the COVID-19 crisis with no face to face



classes or in person testing possible. All tests must be proctored in person. Lubbock county plans to schedule classes when face to face classes and testing is possible. Cottage Food Industry and Food Handler's classes will also be offered when possible.

Issue Addressed: Safety - Personal; Crime Prevention; Property Protection

Texas Extension Education Association

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

This association works with Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development and community service. The objectives include: strengthen, develop, coordinate, and extend adult researched-based education, to improve the quality of life for families and communities in cooperation with the Texas A&M AgriLife Extension Service; promote family strengths and leadership development, serve as a medium for the expression of charitable and education interests, and award 4-H and TEEA adult scholarships on a nondiscriminatory basis to worthy applicants; offer a means by which members in cooperation with Texas A&M AgriLife Extension Service may interpret and provide programs of local, county, district, regional, state, national and international importance in preservation of the American home and the promotion of better international understanding; function exclusively for charitable, educational, and scientific purposes.



A program on Chocolate was presented to 2 TEEA members in February.

The District 2 TEEA Spring Meeting was canceled due to COVID-19. The State TEEA Conference is planned for September 15-17 in Lubbock.

Tours will be determined throughout the year. Members receive the bi-monthly Family Network Newsletter in efforts to advertise programs.

Master Wellness Volunteer Class

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

One Master Wellness Volunteer class was offered in January and February. One student and one MWV intern from 2019 completed first day of training in January, but the student dropped out in March. One TTU Dietetic Intern observed the 2nd day of training modules in March.

Total contacts by the FCH Agent for all FCH and BLT programs: Jan - 192; Feb 180; March 164.

Issue Addressed: Safety - Obesity-childhood; Walking Paths & Aging Issues - Food Insecurity; Financial Insecurity

Family, Community and Health; Community Development and Youth Development

Other

**National Volunteer Week
April 19-25, 2020**

Ronda Alexander, County Extension Agent-4-H and Youth Development
E. Kay Davis, County Extension Agent-Family and Community Health
Robert Scott, County Extension Agent-Ag and Natural Resources
Christina Reid, County Extension Agent-Horticulture
Nancy Trevino, County Extension Agent-Urban Youth Development

Volunteers are an integral part of Texas A&M AgriLife Extensions Service. They are utilized in all facets of our programs! From 4-H contests to 4-H Club meetings, committees providing direction to our programming efforts, and agriculture result demonstrators; volunteers extend the outreach efforts of the Extension Service.

In 2019, approximately 1,326 volunteers contributed 26,746 volunteer hours in Lubbock County. The value of this service at \$23.56/hr was \$680,150.78 given back to you - the residents of Lubbock County. We couldn't do it without your help!

NEWSLETTER OPT-OUT

If you no longer wish to receive this newsletter, please contact our office to be removed from the list.

If you have anyone that would like to be added to the newsletter, also contact our office, 806-775-1740.

**2020-2023 Texas Community Futures Forum
Issues Identified**

Ronda Alexander, County Extension Agent-4-H and Youth Development
E. Kay Davis, County Extension Agent-Family and Community Health
Robert Scott, County Extension Agent-Ag and Natural Resources
Christina Reid, County Extension Agent-Horticulture
Nancy Trevino, County Extension Agent-Urban Youth Development
Brady Arthur, County Extension Agent -Ag and Natural Resources

The Texas Community Futures Forum provides for grassroots involvement of community leaders to identify educational programming needs that Lubbock County Extension Staff will be addressing during the next 4-5 years.

On April 22, 2019, 36 Lubbock County Community Leaders met to identify the issues that they feel will be affecting Lubbock County residents. Issues were identified according to the following subject areas: Agriculture;

Agriculture and Natural Resources

1. Ag Profitability: Alternative Crops; Adaptability; Seccession Planning; Nitrogen and Phosphorous Fixation
2. Urban Water Conservation and Management: Water Wise Plant; Educate Real Estate Industry and Developers; Address Municipalities; Rainwater Harvesting
3. Emerging Issues: Water Quality; Chemical Drift; Ag Technology
4. Ag Literacy: Public Education of Ag (Youth/Adults)
5. Alternative Energy: Wind/Solar

Family and Community Health

1. Healthy Eating Across the Lifespan: Learning to Cook; Food & Nutrition Education; Walking Paths; Obesity Prevention
2. Parent Education: Child Development (ages & stages); Effects of trauma on Development (ACEs); Pregnancy & Prenatal Education
3. Mental Health for Youth & Adults
4. Personal and Family Safety: Child Abuse Prevention; Drug and Alcohol Prevention; Seatbelts and Car Seat Safety; Smoke and Carbon Dioxide Detectors; Property Protection; Robbery Prevention
5. Healthy Relationships: Sexual Assault Prevention; Teen Pregnancy Prevention; Consent and Coercion Awareness

4-H and Youth Development

1. Relationships: Sexual Violence; Human Trafficking; How to treat people
2. Basic Life Skills: Budgeting; Planning; Cooking; Shopping; Car Skills; Basic Home Maintenance
3. Communication Skills: Emails; Face-to-Face; Manners; Conflict Resolution; Digital Communication; Social Media; Understanding Differences
4. Making Healthy Choices: Nutrition and Diets; Exercise and Activities; Providing access for preparation and knowledge
5. Job Skills: STEM Exposure; Real World Application; Industry Mentors; Applying for College; Resume, Interviews, Attire; Higher Education Alternatives other than College
6. Agricultural Education: Knowledge of food origin (not the supermarket); Involvement in farmer's markets; Keeping agriculture cool as urbanization increases
7. Personal Finance: Budgeting Education; Retirement

8. Character Building: Skills for dealing with Bullying; Respect; Role Models to Build Character; Etiquette; Manners
9. Mental Health Education

Community Resource Economic Development (CRED)

1. Increase Community Awareness & Involvement Across Community Sectors and in Innovative Ways
2. Transportation: Expand Public Transportation
3. Community Policing: Use of Community Substations
4. General Maintenance of Parks and Community Athletic Areas: Working Water Fountains and Lights for Safety & Community Pride
5. Affordable and Adequate Child Care Options

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Ronda Alexander

Ronda Alexander, CEA-4-H & Youth Development

Robert Scott, CEA-Ag and Natural Resources
E. Kay Davis, CEA-Family and Community Health
Christina Reid, CEA-Horticulture
Open, CEA-Urban Youth Development
Open, CEA-Ag and Natural Resources
Cory Edwards, EA-Better Living for Texans

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