

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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Lubbock Staff Recognized at TCAAA

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

Lubbock County Extension Agents were recognized on July 14th at the Annual Texas County Agricultural Agents Association meeting held in Amarillo. Robert Scott, CEA-Ag was recognized with the Search for Excellence Award and Christina Reid, CEA-Horticulture was recognized with the Early Career Award.

Agriculture and Natural Resources

FaceBook Live

Christina Reid, County Extension Agent - Horticulture

- On March 16, 2020 due to COVID-19, Agent Reid, partnered with AGGIE Horticulture to produce a FaceBook Live horticulture show twice a week. FaceBook followers began with 4,483 followers and as of June 1st increased to 17,494 – a 390% increase! As of June 1st the entire series has been viewed 155,451 times.
- On April 2, 2020, Agent Reid, partnered with Junior Master Gardener to produce a FaceBook LIVE youth horticulture show twice a week (ending May 19th). Families reached were 893, and individual youth reached was 1,339.



Aideen Chaloupka,
 Wildcat 4-H Club
 Jr Animal Domestic

4-H and Youth Development

4-H Clover Virtual Day Camp

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

Lubbock County 4-H Clovers (4-H'ers in grades K-2nd) were able to participate in the Annual 4-H Clover Day Camp, virtually. Due to constraints in having a face-to-face Day Camp this year, we tried something new, offering the activity virtually. Seven clovers were willing to try this new opportunity; Seven Senior 4-H'ers also assisted in providing the learning experiences conducted through online demonstrations. Activities arranged from making mug cakes, omelettes in a bag, Bean in a bottle, t-shirt jump ropes and a dance break - thrown in for fun!

Teen Awareness Programs

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

"When Sean Speaks" is a drunk driving awareness program which is usually held in a face-to-face presentation given to teens, to raise their awareness of the hazards of drinking and driving. Due to constraints with face-to-face programming, the program was recorded to allow teens to be able to watch the program from home. Ronda Alexander, CEA-4-H and Youth Development, developed a "Parent Discussion Guide" for parents to use in opening the lines of communication with their teens. Lubbock County groups participating in this program included: Lubbock County 4-H, South Plains Food Bank - GRUB participants and residents of the Lubbock County Juvenile Justice Detention Center. To date approximately 148 youth and adults have been reached with this program. For more information about Sean and his message, you can find Sean on facebook at When Sean Speaks.

A second program on seat belt safety is also being conducted virtually with these groups, utilizing a "Rollover Conviences" demonstration.

Healthy Youth Texas Ambassadors (HYTA)

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

Lubbock County has two 4-H'ers who have just completed training for the HYTA certification. Mac Chaloupka and Wyatt Mandrell will each be fulfilling 40 hours of service in the area of health educational programming to achieve their ambassador certification. If you have a group that would be interested in having them speak to, please contact Ronda Alexander, to arrange scheduling.

4-H Teen Council Garage Sale

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

Lubbock County 4-H Teen Council members will be conducting their annual 4-H garage sale fundraiser on Saturday, August 22 from 8-1pm at 19th and Brentwood Circle. If you have items to donate, please contact Ronda Alexander; donation items will be accepted the week of August 17-21. We would also love to have you come shop with us on August 22nd. A tax-deductible receipt for donations will be provided to anyone providing donations.

CARES ACT Relief

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

The CARES Act has provided many different areas of benefit. One benefit is a deduction of \$300 on your 2020 tax return for donations to any non-profit (you do not have to itemize to receive this deduction. You may also check with your CPA). Lubbock County 4-H or 4-H Teen Council would be happy to receive donations from any of you who would like to provide us with your support.

State 4-H Qualifying Contests

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

Since we were unable to attend and compete at State 4-H Roundup in College Station, our 4-H'ers were offered opportunities to compete in National Qualifying Contests virtually. So far, we have had competitions in State Fashion Show, State Public Speaking, State Meat Judging, Horse Judging and Horse Quiz Bowl.

In the State Fashion Show, Mac Chaloupka competed in the Buying-Specialty Category, placing 1st; Audrey Crawford competed in the Natural Fibers Wool Category, placing 1st; and Ashlynn Messer competed in the Construction-Casual Everyday Living Category, also placing first. Audrey Crawford was selected among the top four Texas Finalists to compete in the National Fashion Show which will be held in January at the National Western Stock Show in Denver.

State 4-H Public Speaking Contest had thirty-six competitors competing. Lubbock County 4-H'ers competing were Bryce Hutson placing 7th and Audrey Crawford placing 9th.

In the State 4-H Meat Judging Contest, Bryce Hutson and Ryan Holloway competed in the virtual competition. A.J. Kendrick, David Kendrick, Gracie Potter and Delaney Kleinman placed 1st as a team in the State 4-H Horse Judging Contest. This team also competed in the State 4-H Horse Quiz Bowl Contest placing 2nd.

Better Living for Texans

Cory Edwards, Extension Agent - BLT

Better Living for Texans agent for Lubbock County, Cory Edwards, has focused her education efforts on reaching her audience virtually since mid-March - mainly through Facebook. In April, she began doing Focused Friday video demos of healthy recipes. Recipes demonstrated included: Healthy Pizza, One Pan Sausage and Veggies, Broccoli, Chicken and Rice, and Cheesy Chicken Pasta. This effort included 11 posts - 4 of which were videos - and a total of 13, 848 people were reached. Agent Edwards adapted her video demos in May to include information from the state's Dinner Tonight Small Bites program. In this series, which consisted of 74 posts and 4 videos, she shared information on food safety, nutrition, and recipes. Focused Friday video demos continued with recipes from the <https://dinnertonight.tamu.edu/> web site. Through this effort, a total of 15,704 people were reached. You can follow her on Facebook @agriflifenutritioneducation.



Agent Edwards also kicked off a popular Extension program on May 11, 2020 called Walk Across Texas. The Walk Across Texas! Program was designed to help establish the habit of regular physical activity. For eight weeks, teams of eight people, school classes, or individuals walk 830 miles across a map of Texas. This program was promoted through Facebook, and a total of 9 teams signed up to begin walking and logging their miles. With 69 total participants, a total of 10, 604.17 miles were logged doing physical activity of their choosing. Education and motivation were shared through a private Facebook group, and miles were logged through the <https://howdyhealth.org/> web site.

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.



Collaborative efforts included SPAG AAoA; Lubbock County Senior Citizens.

Better Living for Texans certified senior citizen centers received nutritional programs monthly reaching 413 contacts plus 180 home delivery meal recipients in Slaton. Due to COVID-19 and senior centers providing drive by

meals instead on congregate and delivered meals in Slaton, flyer handouts were provided to senior center directors to provide to individuals were reminded of healthy eating with lessons on "Prepare For The Unexpected," "Would Your Kitchen Pass Inspection?" and "Is This Food Still Safe to Eat?" Due to SPAG requiring in person education, the flyers were not used and directors were trained on the flyers at a Zoom meeting on June 18 with 24 center directors present. Directors will use the flyers in July, August, and September if congregate meals are resumed. Senior Centers are Mae Simmons, Maggie Trejo, Copper Rawlings, Lubbock Center, Homestead and Slaton and 60 Slaton home delivered meal recipients.

Issue Addressed: Nutrition and Health

Family and Consumer Sciences

Parenting

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

- **Building Strong Families Conference**

The Building Strong Families Board meets monthly to plan the 2020 conference. The speakers committee is working on the marketing brochure, which should be ready by August. The 2020 Conference will be held on Thursday, **October 22, 2020** at the Region 17 Education Service Center. Thirty-nine attended 3 planning meetings last quarter. *Issue Addressed: Parenting*



- **Parenting Coalition**

The Parenting Coalition met via Zoom for agency updates on June 10, 2020 with 7 attending.

- **Families Reading Every Day (FRED)**

This program was offered online state-wide in May due to COVID-19. Two in Lubbock County registered.

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. COVID-19 stay at home orders, and limited access to certain foods and ability to travel, etc. created another management hurdle for people to overcome.

Through the use of the online closed FaceBook group, the "Diabetes During COVIC-19" program was presented by the D2 FCH Agent team, 30 registered participants had the opportunity to learn to improve their blood glucose management, thereby reducing their risks for complications and to attain their highest possible level of wellness. Results are being tabulated after follow-up surveys were sent to participants in the district-wide program.

Issue Addressed: Nutrition and Health

Food Safety

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 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) and Food Handlers classes with Work Force were cancelled due to COVID-19 through August. None of these are allowed to be presented by agents in an online or Zoom format. The Food Handlers class can be taken by participants online through TX A&M AgriLife Extension Service learning portals, paying TX A&M, however.

Future classes are subject to being able to meet social distancing and other sanitizing and health guidelines. At this time, it will be difficult.

- Ten pressure canners were tested for safety.
- Created and presented a YouTube program on a FCH Career with Texas A&M AgriLife Extension to 56 TTU College of Human Sciences students. Due to COVID-19 the presentations were given online.

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: "Home Safety for All"; "Use It or Lose It". Due to COVID-19, no meetings were held in June, July or August. Members receive the bi-monthly *Family Network* Newsletter in efforts to advertise programs as well as the *Texas Extra*

member newspaper from Texas Extension Education Association. Their IRS 900-N filing was filed.

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Ronda Alexander

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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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We will seek to provide reasonable accommodations for all persons with disabilities for any of our meetings. We request that you contact Texas A&M AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid or service that you will require.