

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

Robert Scott, County Extension Agent - Ag and Natural Resources

- **High Plains Ag Conference**
 On December 4th, twenty-two producers attended (using ZOOM) the High Plains Ag Conference and received three CEU's. The Lubbock Ag Committee helped plan this conference with row crop producers in mind. Topics and speakers included:
 - Pesticide Laws and Regulations - Debbie Slocum, assistant regional director, Texas Department of Agriculture, Lubbock
 - 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.

4-H and Youth Development

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

- **District 4-H Gold Star and Leader Recipients**
 On Monday, November 23, three Lubbock County 4-H'ers and one volunteer leader were honored at the 63rd Annual Gold Star Banquet held at the Eberly Brooks Events Center in Lubbock. Gold Star recipients recognized this year were Mac Chaloupka - Wildcat 4-H Club Member; Madyson Cook - Wildcat 4-H Club Member; and AJ Kendrick - Shallowater 4-H Club Member. Also recognized as a Distinguished Leader for Lubbock County was Cynthia Fry, Wildcat 4-H Club Leader.



Ryan Bading,
 Shallowater 4-H
 Club Parent
 Volunteer

- **2020 County 4-H Scholarship Recipients**

This past year, \$46,500 was awarded to Lubbock County 4-H'ers through their 4-H involvement. Receiving Texas 4-H Foundation Scholarships were: Colton Baldridge - \$20,000 Houston Livestock Show; Taylor Everitt - \$10,000; Alyssa Elmore - \$10,000; and Madyson Cook - \$3,000. At the County Achievement Banquet held in August, the following 4-H Scholarships were awarded: Madyson Cook - \$2,000 Richard E. Cook Memorial; Alyssa Elmore - \$500 Richard E. Cook Memorial; Recipients of the \$500 South Plains Fair Scholarships were Alyssa Elmore, Madyson Cook and Taylor Everitt.

- **2020 State 4-H Recordbook Winners**

Winning first place with their State 4-H Recordbooks were Alyssa Elmore - Veterinary Science and Audrey Crawford - Fashion and Interior Design. Ten Senior 4-H'ers total had recordbooks which advanced to State judging. Lubbock County also had a total of 41 recordbooks which were submitted for County judging.

- **4-H Clover Kid Involvement**

During 2020, 48 youth were involved in the Lubbock County 4-H Clover Kid program. Youth in grades K - 2nd are eligible to participate in the program at no cost. They do have to be enrolled in 4-H through 4-H Online, however no enrollment fee is charged. For this past year, youth participated in monthly project related meetings, county competitions such as Fashion Show and Public Speaking, a summer virtual County Day Camp, the 4-H Achievement Banquet and the South Plains Fair 4-H Children's Barnyard. To get your Clover enrolled, please give Ronda a call. For our next monthly project meeting, we will be touring the Texas Tech Greenhouse for the Horticulture project.

- **Texas Livestock Ambassadors**

Robert Scott, County Extension Agent - Agriculture Development

Twenty-four students were selected to participate in the 2020 Texas Livestock Ambassador Program. The Program was held in Lubbock July 27th - 30th. 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 to youth livestock projects and Texas animal agriculture. Livestock Ambassadors worked at the South Plains Fair as well as assisting with the market and breeding shows.

- **Grilling Games**

Robert Scott, County Extension Agent - Ag and Natural Resources

During the 2020 COVID-19 lockdown, I began watching "Pitmasters," a reality television series which follows cooks as they compete in barbecue cooking competitions. I felt this would be a good project to offer 4-H members, especially during a time when restaurants were closed, and families were having to prepare meals at home. A task force was created to plan, implement, and evaluate the grilling competition. The first charge was to write contest rules and scoresheets and then create project goals. Goals were to:

- Implement safe food handling practices.
- Observe and demonstrate basic rules of kitchen safety.
- Select appropriate seasonings.
- Identify nutrients in pork, beef, and bell peppers.
- Operate a grill correctly.
- Differentiate between various grills and cleaning methods.

For the inaugural grilling games, 33 4-H members entered representing eight counties in District 2. We had ten seniors (grades 9-12), twelve intermediates (grades 6-8) and eleven junior (grades 3-5). Upon arrival, all competitors built their fires on a variety of grills, with parental supervision. They were provided a pork chop, steak and/or two bell peppers. For each category, competitors were given 45 minutes to season, cook, garnish their boxes, and submit for judging. Each age group and category were blind judged by three volunteers.

Better Living for Texans



Cory Edwards, Extension Agent - Better Living for Texans

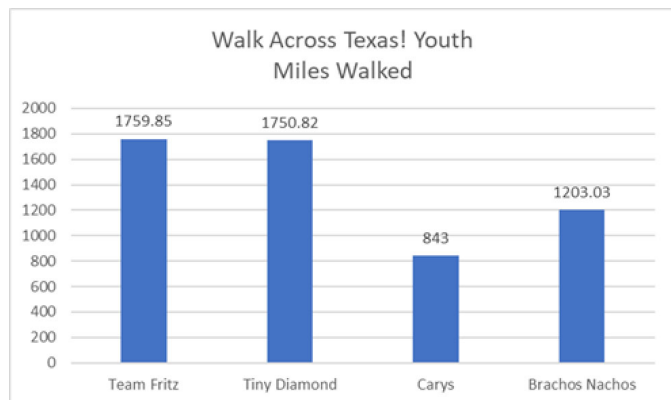
- **Walk Across Texas! Youth (implemented virtually: May-July 2020)**

- 21 youth participants, 4 youth teams

Youth teams engaged in a friendly competition with adult teams to reach a goal of 830 miles "walking across" Texas in 8 weeks. Agent engaged participants through a private Facebook group where weekly results were posted and educational information about nutrition and physical activity was shared. Weekly challenges were posted in the private Facebook group. Impacts were as follows:

- A total of 5,555.85 miles were walked in 8 weeks.
- When asked "Did you or your family benefit from participating in Walk Across Texas?" Youth responded:

“We set goals and spent time together on a lot of walks!”
 “It was fun to do a lot of our walks together as a family.”
 “We spent more time doing exercises together with riding bikes and walking the dogs.”



- Be Well, Live Well (Slaton Senior Center, Lubbock Dream Center)
 - * 24 participants, 14 with pre/post data
 - To help older adults aspire to the ideal of successful aging is the goal of the 5-session Be Well, Live Well series.
 - Frequency of throwing out food that is nearing the “use by” or “sell by” date increased from 7.1% before the program to 38.4% at the completion of the program;
 - Participants reported a 21.4% decrease in worry over whether or not food would run out;
 - Overall, 14.3% of participants, in general, improved his or her diet.
- Walk Across Texas! Adult (implemented virtually: May-July 2020)
 - Walk Across Texas! Is an eight-week community program delivered through a web-based platform to help people of various ages and abilities establish the habit of regular physical activity.
 - *48 participants, 21 with pre/post data
 - Economic impact:
 - Diabetes Savings \$67,404
 - CVD Savings \$54,875
 - Economic Impact \$122,280
 - A total of 5,048.32 miles walked in 8 weeks
- Walk N Talk: Rethink Your Drink (Lubbock County Senior Centers, Lubbock Dream Center)
 - *114 participants, 66 with pre/post data
 - Walk N Talk is set up like WAT! But includes nutrition messages. Rethink Your Drink! Focuses on staying hydrated and reducing sugar sweetened beverage intake.
 - 21.2% of participants saw an improvement in his/her overall health.
 - Overall, 31.6% of participants increased the days/minutes of physical activity each week.
 - More than 28% increased their intake of water.

- 7,732.38 miles walked in 8 weeks.

Family and Community Health

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

Building Strong Families/Parenting

- Planning for the 25th Annual Building Strong Families Conference continued virtually throughout the 3rd quarter. The conference was held as a combination of virtual and in person with 4 sites linking into the virtual conference for those without internet access as well as groups from the same companies, offices, etc. All speakers presented from Reg. 17 Education Service Center on October 22, 2020. There were 7 speakers with 315 registered participants. One Hundred Forty-five accessed the conference, but more were viewing at the 4 in person sites and possibly at office locations. The majority of the survey respondents highly recommended the speakers and would attend the conference again.
 - The Partner’s for Parenting Coalition met virtually in August and October 2020 and endorsed the State-Wide Childcare providers courses by the state child development specialist, Dr. Jodie Nerren which qualified for face to face training clock hours. Twenty-seven providers received certificates and clock hours for attending one or more of these courses. In 2021, each of the 12 Extension Districts will assist Dr. Nerrin in planning and executing a virtual Day Care Providers Conference from 9-12 on a Saturday morning. Every District will help market these 12 conferences that will give providers 12 opportunities to get face to face clock hours across the state. The committee also endorsed the free online Families Reading Every Day (FRED) 8 week program series where families commit to reading to their children or as a family for 15-30 minutes per day. Several social media posts identified resources such as astronauts reading stories from space. Two Lubbock County parents registered but did not finish. Seventeen social media posts reached 1,869 clientele.
- Issue Addressed: Parenting*



Food Protection Management/Food Safety

With renewed interest in gardening and food preservation in 2020 due to COVID-19 lock downs and shortages, 10 pressure canners were tested and safe canning information was distributed. Six needed new gauges, 2 needed new vents or seals and 4 needed only to adjust the processing pressure within the recommended guidelines. The District 2 and North Region FCH Agents on the Food Preservation Team as well as agents state-wide created online food

preservation series and social media posts and all agents assisted with publicity to assist clientele across Texas.

- Work Force and other public food handlers and certified food managers courses were not possible due to COVID-19 lock-downs and closures. However, due to requests that the food handlers class be adapted to a virtual format, a Qualtrics pre- and post-test was created for use after September 2020. However, many had already been directed to an online course option (such as the 50+ from South Plains Community Action Head Start who could not wait for personnel to get training virtually. They were only wanting a virtual class). This is now an option for 2021. With new guidelines requiring a preparedness plan, etc., a FPM class may be possible in March 2021. Twenty-five social media posts were made providing food safety and food preservation information reaching 1,007 from July to December.
Issue Addressed: Food Safety, Job Skills

Health & Wellness

- Nutrition training for the South Plains Association of Governments (SPAG) Area Agency on Aging was conducted for Sr. Center Bookkeepers and Directors on “Preparing for the Unexpected,” “Would Your Kitchen Pass Inspection” and “Is This Food Safe to Eat” reaching 25 participants. These programs would have been presented to the Lubbock Sr. Centers in person if COVID-19 had not shut them down and only drive by meal service was possible. Some rural centers may have used the handouts to educate their senior clients. Some centers such as Slaton Sr. Center opened, but only for a short time and were closed due to COVID-19. The Slaton home delivered meals continued but client education was not possible due to leaving meals on the doorstep and other rules.
- Diabetes programs at regular sites were not possible but the D2 Diabetes team planned and executed a virtual closed Face Book Diabetes program during COVID-19 course which all agents helped promote. Thirty people registered. Due to results of the virtual program, the D2 agents on this team are planning another diabetes online course.
- The North Region FCH agents have formed a Virtual Health Fair Team and each month one health issue is highlighted through 4 or more weekly social media posts.
- The State-wide Step Up to Scale Down course presented by State Nutrition and Health specialists was promoted in December to start in January 2021. Results will be sent to county agents with clientele participating. FCH Agents also assisted TDEM with COVID-19 issues.

- In October and November, one Master Wellness Volunteer (MWV) was trained in cooperation with the CEA-BLT and approximately 6 more will be training in 2021. Registration fees are being paid by a scholarship. As interns, these volunteers will receive 40 hours training and give back 40 hours volunteer service in order to be a Certified MWV and will be able to extend program efforts to many more audiences. From July-Dec 2020, there were 152 social media posts related to health and wellness reaching 3,695.

General FCH

The Family Network Newsletter was prepared and sent via email or regular mail to 95 subscribers in Aug/Sept; Oct/Nov and Dec 2020/Jan 2021. These were posted on the website and social media posts and included links to the newsletter.

Texas Extension Education Association

The Lunch Bunch TEEA Club met in October to plan their 2020-2021 programs and their yearbook. In November the program by the agent was “Your Kitchen, Your Food, Your Health.” The December Christmas activity was cancelled due to COVID-19 restrictions but meetings will resume in 2021 when possible and members feel safe. Virtual meetings are not possible as not all members have internet access.

The Annual Summary reports are available on the Lubbock County Extension website for further results.

<https://lubbock.agrilife.org/overall-extension/2020-annual-program-summaries/>

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