

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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In This Issue:

Agriculture
 Lubbock County Agricultural Increment Estimates
 Horticulture
 Commercial Turf & Ornamental Workshop
 Roscoe Wilson Elementary School
 Hub City Horticulture Podcast
 4-H & Youth Development
 County 4-H Photography Contest
 4-H Spring Contests
 2020 Major Livestock Show Summary
 Better Living for Texans
 GRUB
 Walk N Talk
 Be Well, Live Well
 Family and Consumer Sciences
 Building Strong Families Conference
 Do Well, Be Well with diabetes
 Food Protection Management/Food Handlers
 Texas Extension Education Association
 Master Wellness Volunteer Class
 National Volunteer Week April 18-24, 2021
 Texas Speaks

Agriculture and Natural Resources

Robert Scott, County Extension Agent - Ag and Natural Resources

- **Lubbock County Agricultural Increment Estimates Completed**

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 various agri-business representatives. Lubbock County's gross farm receipts were estimated at \$153 million dollars for 2019.

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

Horticulture

Christina Reid, County Extension Agent - Horticulture

- **Commercial Turf and Ornamental Workshop**

On Friday, February 19 and 26, 2021 Agent Reid hosted the Commercial and Ornamental Workshop aimed to provide local landscape professionals with updated research-based information and continuing education units (CEU) virtually. Topics included: Turf Grass Management for West Texas, Oak Wilt, New Spray Laws and Regulations, Tree Pests and Managing Weeds.

Issues Addressed: Water Conservation and Management, New Herbicide Technology and Drift Management Education, Resistant Weed Management Within Communities



Joseph Fritz, Senior, Wildcat 4-H Club

- **Roscoe Wilson Elementary School**

Throughout the months of February and March 2021, Lubbock Master Gardeners assisted Roscoe Wilson Elementary School, administration and students with best gardening practices and proper planting techniques.

Issue Addressed: Ag Literacy/educating the Public about Agriculture

- **Hub City Horticulture Podcast**

Starting April 12, 2021, Agent Reid has published a new podcast, Hub City Horticulture to reach a broader audience with horticulture information.

Issue Addressed: Ag Literacy/Educating the Public about Agriculture

4-H and Youth Development

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

- **County 4-H Photography Contest**

This year, 34 4-H'ers submitted 236 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.

Photography entries are currently on display at the County Extension Office. You may stop by during office hours to see the exhibit.

This year we also included a contest for parents and had 6 parents submit 32 entries in 12 categories.

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

- **4-H Spring Contests**

Yeah! We have been able to have most of our contests in a face to face format this year. Over the winter break we had our 4-H Public Speaking contests, conducted virtually. For District, presentations were videoed and submitted on YouTube. This year we had 20 4-H'ers competing with their presentation in the following categories: Educational Presentation: Horse, Health and Wellness, Open Ag, Open, Dramady and Public Speaking.

4-H'ers also completed in Share the Fun: Musical, Dance/Choreographed Routine and Poetry/Prose. The following seniors placed well enough to advance to competition at State 4-H Roundup which will be held June 7-11 in College Station: Jacob Everitt, Bryce Hutson, Bax Edwards, Luke Stutzman, Ashlynn

Messer, Mac and Aaron Chaloupka, and Ashlynn Ellison.

Other upcoming Spring contests that will be held include: Food Show, Food Challenge, Rifle, Soil, Livestock, Meat, Horse and Entomology.

We have completed Horse Quiz Bowl, with 1 Senior team, 3 Intermediate Teams and 2 Junior teams competing from Lubbock County; a total of 24 Lubbock youth competed in the contest.

For Archery, this years District Contest will be a postal league, however we will be having our county scores submitted in a contest-style format.

We are so excited to be getting back to some sort of normalcy for our 4-H contest activities.

- **2020 Major Livestock Show Summary**

Robert Scott, County Extension Agent - Ag and Natural Resources

One Hundred seventy-four (174) 4-H Projects were entered at the County stock show and 421 animals were entered at Texas major shows.

Highlights:

Heifers - 1 Champion and 2 Reserve Champions

Sheep - 2 Reserve Grand Champions

Goats - 1 Division Champion, 1 Reserve Division Champion

Steers - 3 Breed Champions, 1 Reserve Breed Champion, 1 Reserve Grand Champion

Pigs - 6 Breed Champions, 4 Reserve Breed Champions

Scholarships - \$30,000 scholarships

Better Living for Texans

Cory Edwards, Extension Agent - BLT

- **GRUB**

The GRUB (Growing Recruits for Urban Business) Program at the South Plains Food Bank is designed to teach young adults, ages 14 to 18, life and job skills using the farm and community gardens as a backdrop to this education.

The Food Bank's 5-acre Carolyn Lanier Youth Farm, located at 76th Street and Avenue B in Lubbock, is the primary work site for the GRUB program. Work includes garden planning, soil preparation, maintaining the irrigation system, planting seeds and young plants, nurturing, harvesting, and marketing the produce and



GRUB Scrub. The youth produced and marketed a value-added product, giving them experience in marketing and small business operations. The program also provides classes on nutrition and living a healthy lifestyle. Agent Edwards provided a 4-session series on Saturday mornings in January, February and March for the kids who are part of the GRUB program called "Choose Healthy." Helping young teens develop good nutrition habits can have positive long-term effects on their health. Teens often fail to meet dietary recommendations which can result in nutrient deficiencies leading to problems such as impaired cognitive and physical performance. Choose Healthy gives them the knowledge they need to prevent this. A total of 17 teens graduated from the series which means they attended at least 3 of the 4 sessions. When asked "What did you like most about the Choose Healthy series?" One teen responded "I enjoyed learning about the healthy drink and food options that are available and easy to make. I'll be looking at the nutrition label often before deciding what to eat."

- **Walk N Talk**

An average of 14 participants in the walking club at the Lubbock Dream Center joined Agent Edwards weekly as they walked and talked about fruits & vegetables for 8 weeks from January through March. Walk N Talk encourages community members to come together to do physical activity in a fun, simple way - walking. Participants keep track of their miles each week to see how far they would have gotten across Texas. This group made it to the beaches of Corpus Christi and back to Lubbock in 8 weeks by walking a grand total of 1,922.27 miles. Each week, a different fruit or vegetable was featured and a recipe sample was provided for each participant. Fruits and vegetables highlighted included: blueberries, cabbage, bananas, beets, zucchini, spinach, apples and peaches. When asked "Did you or your family benefit from participating in Walk N Talk?" One participant responded "I walk more than before, and I eat more veggies too."

- **Be Well, Live Well**

In March, Agent Edwards teamed up with 4 other Extension Agents for Better Living for Texans across the state to bring a virtual Be Well, Live Well series to the Foster Grandparents via Microsoft TEAMS. Be Well, Live Well is a 5-session series on healthy aging where participants learn to reduce his or her risk for disease and engage in a healthy lifestyle. Two of the five sessions were delivered in March. Sessions will be delivered monthly through June. An average of 13 Foster Grandparents from Lubbock county joined the virtual series in March.

Family and Consumer Sciences

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

- **Building Strong Families Conference**

The 2020 Building Strong Families (BSF) Virtual Conference with approximately 150 participants was evaluated at the January BSF virtual 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 2021 conference. The speakers committee has met and is working to identify and schedule speakers. The 2021 Conference will be held on Thursday, October 21, 2021 at the Region 17 Education Service Center in Lubbock with a virtual or in-person conference again.



- Agent Davis also presented Emergency Preparedness, Pandemic Flu & COVID-19 information to 15 at the West TX Home Day Care Association virtual meeting in March and advertised monthly virtual day care provider trainings in January/April.

Issue Addressed: Parenting

- **Do Well, Be Well with diabetes™**

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.



The D2 Diabetes Agent team which includes the Lubbock, Yoakum and Dawson County FCH Agents and the Lamb/Castro/Hale County Health Agent, and will offer a virtual and in-person Wisdom, Power and Control Diabetes series on April 20, 22, 27 and 29. The website to register is <https://lamb.agrilife.org/family-consumer-sciences/> and those wishing to attend in-person in Lubbock County can do so at the Maggie Trejo Community and Senior Center at 3200 Amherst, St, in Lubbock. Call the County Extension Office at 775-1740 for information.

Issue Addressed: Obesity-Childhood; Walking Paths

● **Food Protection Management/Food Handlers**

The Food Protection Management program offered through Texas AgriLife Extension is offered by Agent Kay Davis in the South Plains district. Certified Food Managers and Food Handlers programs are offered to promote the service of safe food and assist food service managers and employees to legally practice their trade. While the classes were on hold during the COVID-19 crisis with no face to face classes or test proctoring possible, Lubbock county held a Certified Food Managers class on April 12-13. Cottage Food Industry and Food Handler’s classes will be offered soon.



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

● **Texas Extension Education Association**

Texas Extension Education 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.



Programs have been on hold in January-February. Meetings resumed in April with the programs “Home Safety for All” and “Thanks for the Memories.” The District 2 TEEA Spring Meeting was held in Tulia on March 25 with a program on “The Roaring ‘20’s.” The State TEEA Conference is planned for September 14-17 in Temple.

● **Master Wellness Volunteers**

In January 2021, Agent Edwards hosted the first session of the Master Wellness Volunteer training at the Extension Office, and the final session was held at Texas Tech on March 23, 2021, with Agent Davis’ assistance. Master Wellness volunteers (MWV) undergo 40 hours of training on health, nutrition and food safety and are then empowered to provide outreach and education, helping reduce the burden of chronic conditions in Texans and Texas communities. Opportunities to serve are wide-ranging: giving presentations for local community groups, assisting with healthy cooking demonstration, participating in health fairs and much more. Because each community is different, MWVs work with the County Extension Agent and other stakeholders to identify needs and opportunities to help make a local difference. Because MWVs come from diverse backgrounds, they are often able to identify novel topics, audiences and resources in the area. Lubbock county now has a total of 8 interns who have completed the 40 hours of training and are currently giving back 40 hours in service through volunteer opportunities.

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

Other

**National Volunteer Week
April 18-24, 2021**

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
Cory Edwards, Extension Agent - Better Living for Texans

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 2020, approximately 883 volunteers contributed 8,480 volunteer hours in Lubbock County. The value of this service at \$23.56/hr was \$199,788.30 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 or email: rrwilson@ag.tamu.edu

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

Texas Speaks

- 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
- Cory Edwards, Extension Agent - Better Living for Texans

This year we had a new process for identifying the county issues that we utilize to address Extension programming efforts. We utilized mass media and social media platforms to have Texas residents to share their concerns and suggestions. The “Texas Speaks” process was conducted in February and March. When all of the information is compiled, we will be sharing the results with you.

The issues identified by each county’s residents are utilized by committees and groups to determine educational programming efforts that need to be conducted by Extension. Issues are re-prioritized every 4 years by residents of each county.

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- Open, CEA-Ag

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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.