

Extension At A Glance - Lubbock County

Texas A&M AgriLife Extension Service-Lubbock County • (806) 775-1740 • Fax (806) 775-1758 • <http://lubbock.agrilife.org/>
 Physical Address: 916 Main, Suite 401 • Lubbock, TX 79401 • Mailing Address: P.O. Box 10536 • Lubbock, TX 79408

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

MISSION

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Agriculture and Natural Resources

Brant Baugh, County Extension Agent - Ag and Natural Resources

- Most of the activities from August to present revolved around cotton field visits. Due to the ongoing drought, farmers needed help to determine if the crop could continue or should the field be abandoned and turned into insurance. In order to help them with this decision, Agent Baugh talked them through projected yield, price of lint and seed, ginning cost and harvest aid cost. In addition to these visits growers were assisted with harvest aid decisions. Recipes for harvest aids change due to moisture, temperature, and yield potential.

- Agent Baugh gave a presentation to Commissioners Court on September 26 to let them know about the poor economic return they should expect on this year's cotton crop. With no dryland crop in Lubbock County and one third of the irrigated being abandoned, the estimate is we will see a 70 percent decrease in overall yield in Lubbock County.

- The Lubbock County Ag Committee met on Tuesday, October 4th. Discussion revolved around the current planting predictions of wheat going to grain and the availability of herbicides used in wheat. Basically, wheat acreage will be up substantially and the herbicides 2-4D and Atrazine will be in short supply which could make herbicides such as metolachlor be in short supply. Bottom line, producers need to secure these products immediately.



Mac Chaloupka
 Senior - Motion Action

Horticulture

Christina Reid, County Extension Agent - Horticulture

- **2022 Lubbock Master Gardener Association Intern Class**

On September 8th, LMGGA began their intern class with twenty six (26) adults entering into the program. The program requires fifty (50) hours of both education and volunteering. Classes will continue through October.

- **Container Gardening Series at Lubbock Dream Center**

Agent Reid lead a hands-on, 3-part container gardening series for sixteen (16) participants at the Lubbock Dream Center.

- **Smith Sprouts After School Gardening Program**

Agent Reid lead a bi-monthly after school gardening program for one hundred and two (102) youth at Preston Smith Elementary School. Students are able to get their hands dirty in the Star Garden, learn with the Lubbock Master Gardener Association, and meet several other community partner groups in related fields.

- **Fall Gardening Presentation**

On August 13th, the Lubbock Master Gardener Association presented a Fall Gardening presentation during the Lubbock Memorial Arboretum Second Saturday education program. Fifty seven (57) adults attended.

4-H and Youth Development

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

- **4-H Enrollment Time**

It is time for families to enroll or re-enroll in Lubbock County 4-H. This year enrollment is online again at 4-H Online (<https://v2.4honline.com/#/user/sign-in>) This is the 4th year that we have had 4-H Online, not 4-H Connect; if you didn't re-enroll last year, the 4-H Connect site will not work. Enrollment began on August 15 and is \$25 per member for 3rd-12th grade; as of November 1, the fee will go up to \$30. 4-H Clovers, (K-2nd grade) do not have an enrollment fee, however they do have to register on 4-H Online. Volunteers and parents who will be involved in a volunteer role also need to enroll on 4-H Online. There is a \$10 screening fee for volunteers. Parents are not required to be screened unless they plan to have a volunteer role; enrollment for volunteers can be

completed at any time. If a parent plans to attend a volunteer certification (for example - shooting sports), it does take a couple of weeks to complete the screening process and the screening must be approved before they can sign up. When enrolling in 4-H, 4-H'ers must designate one 4-H club to be enrolled in. Please contact Ronda, if you have questions about 4-H enrollment. The 4-H Clubs that will be available for this year are:

- Frenship 4-H Club
- Hub City 4-H Club
- Lubbock 3P Rifle 4-H Club
- Lubbock Rabbit 4-H Club
- Shallowater 4-H Club
- Trinity 4-H Club
- Wildcat 4-H Club (Idalou)
- Southside 4-H Club

The Lubbock County Office supports over 26 4-H projects for youth to participate in through project meetings, workshops, contests and camps. Get involved today!

- **State 4-H Recordbook Winner**

Winning first place with his Gardening Horticulture recordbook in August, was Aaron Chaloupka, Wildcat 4-H Club member. This year 4 Lubbock County Senior Recordbooks advanced to state judging. Forty-six recordbooks were turned in at the county level.

- **4 Newest 4-H Gold Star Recipients**

On November 21, four Lubbock County 4-H'ers will be recognized at District 4-H Gold Star Banquet. This year's recipients include: Ashlynn Messer - Frenship 4-H Club Member, David Kendrick - Shallowater 4-H Club Member, Khaki Bishop - Shallowater 4-H Club Member, and Aaron Chaloupka - Wildcat 4-H Club member. Quana Everitt, Shallowater 4-H Club leader, will also be recognized as a Distinguished Leader for Lubbock County.

- **Children's 4-H Barnyard at the South Plains Fair**

We had another great year at the Children's 4-H Barnyard at the South Plains Fair. This year 187 youth and adult volunteers manned the barnyard for 451 volunteer hours! We also had the regular barnyard animals attending and a few new exhibits which included 2 alpacas, 2 dorper cross sheep, a miniature hereford calf, 5 hatching chicks, 4 guinea pigs, 8 coturnix quail, 50 chicks and 8 ducks, 11 sheep, 5 goats, 1 rooster and 6 hens, 11 bunnies and the bee keeping exhibit from the Caprock Bee-Keeper's Association. We also had Purina Mills donate the feed for the animals and Western Hay Yard provide

straw bales for decor. Hopefully everyone also saw the Path to Plate Posters highlighting information about Strawberries, Honey, Dairy Cattle and Meat Goats.

- **4-H Food and Nutrition Project**

This year we are in full swing with the 4-H Food and Nutrition project. The competition divisions in this project include, District 2 United Supermarkets Grilling Games, Food Challenge, Food Show and FCH Quiz Bowl. We also have tours and workshops for 4-H'ers to participate in which will include touring the Outdoor Chef, United Supermarkets and a hands-on garnishing workshop. For more information or to get involved, please visit the Lubbock County 4-H Facebook page or the County website at <https://lubbock.agrilife.org>

Family and Community Health

Cory Edwards, County Extension Agent-Family & Community Health
Ashlyn Aljoe, Asst. Extension Agent-Family & Community Health

- **Texas Extension Education Association (TEEA)**

State Conference was held in Lubbock, September 12-13, 2022 with four Lubbock Lunch Bunch members attending. Two Hundred Fifty members from across the state of Texas attended the Conference which was held at the Civic Center and the MCM Elegante Hotel. Agent Edwards attended the conference as the group's advisor and helped with conference activities.

- **Walk N Talk Series**

The BLT Walk N Talk series at the Slaton Senior Citizens Center kicked off on September 8, 2022 with 14 participants. Each week, a lesson highlighting a fruit or vegetable is presented followed by 30 minutes of group physical activity. In September, sweet potatoes, pears, squash and apples were featured along with recipe samples of each. Participants are also keeping track of the miles they are logging each week to move their two teams across Texas in our county-wide competition.

- **Walk Across Texas!**

Lubbock County kicked off on September 12, 2022 with 17 teams and 106 participants. Teams of 8 are logging their miles of physical activity on the Howdy Health website to help move their team the 834 miles across Texas from El Paso to Longview in 8 weeks. Educational/inspirational information and weekly updates are shared with participants via a private Facebook group, email, and on a bulletin board located outside the Lubbock County Extension Office.

The goal of this program is for participants to make daily physical activity a life-long habit.

- **4-H Family Canning Class**

Agent Edwards held a 4-H Family Canning class on September 20th with 12 participants - 7 youth and 5 adults. Participants learned the basics of water bath canning, the importance of following the directions and using tested recipes, and how to can safely. Each participant made either salsa or grape jelly to enter in the South Plains Fair and took home 1 jar of each. Agent Aljoe also assisted with the class.

- **Making Healthy Choices**

Agent Edwards assisted by Agent Aljoe, Master Wellness Volunteer Jorja Washington, and HTYA Arron Chaloupka presented two sessions about making healthy choices for 95 6th grade girls at Talkington School for Girls. Topics covered included "MyPlate" and "Living a Balanced Life." Students also enjoyed a healthy snack sample of Yogurt Fruit Pops.

- **4-H Food Challenge Team**

Agent Ashlyn Aljoe is coaching a senior level food challenge team this fall. The team has practice twice a week and will compete at county on October 16th. At the team practices the girls work on using different ingredients to make a recipe that they come up with together. Not only do they have to cook a dish, but they practice their presentation over MyPlate, food nutrition, food safety, and serving sizes.

Better Living for Texans

Amber Bozeman, Extension Agent - BLT

- **Choose Healthy**

Choose Healthy is a four-session series geared towards middle school children. The purpose of this series is to help young teenagers understand basic nutrition and wellness principles. The curriculum was written to empower youth to adopt better nutrition habits into their lives. The topics emphasized in this series are MyPlate, living a balanced life, making healthy choices, and healthy beverages. In July, Agent Bozeman had the opportunity to teach this series at Buckner's Family Hope Center. She had 27 participants, 21 graduates, with a total of 119 personal contacts.

● **Healthy Carbohydrates**

Healthy Carbohydrates is a series that teaches how the foods we eat affect the health of our bodies. Foods which promote a healthy weight or prevent chronic disease include a variety of food groups. Eating from each food group will ensure you are getting the nutrients you need. Session 1 of this series is about building a healthy plate. Session 2 focuses on balancing your plate. Sessions 3 and 4 take a detail look at carbohydrate choices within food groups. Bozeman has completed this program at the Lubbock Senior Center. Additionally, she has began this program at the Maggie Trejo Senior Center, Copper Rawlings Community Center, Mae Simmons Community Center, The Lubbock Dream Center, and Foster Grandparents through Texas Human and Health Services. These program are scheduled to end in December.

● **“A Fresh Start” Family Guidance and Outreach of Lubbock**

Agent Bozeman partnered with the Family Guidance and Outreach Center of Lubbock (FGOC) to provide an ongoing nutrition education program for parents. FGOC is committed to building and empowering families through education and awareness. They offer parenting classes free of charge online for parents. In 2021, 970 children were confirmed victims of child abuse in Lubbock County. In 2021, more than 17,000 children were impacted by FGOC. Family Guidance & Outreach envisions a community without child abuse and neglect. FGOC is committed to building and empowering families through education and awareness. Parents commit to a four-session series with Bozeman on Zoom. FGOC is an organization with Lubbock County that was in need of a nutrition program to help parents regain and maintain custody of their children. Bozeman offers the program “A Fresh Start” to help participants better their lives and their children by learning skills to help increase fruit and vegetable intake, increase physical activity, improving access to fruits and vegetables, food safety, and food resource management (due to high rates of food insecurity). This program was 4 sessions over two months. The format of Live Zoom presentation was chosen to meet th time needs and privacy needs of the population. Bozeman had 15 participants, 11 graduates, and 58 contacts.

● **Walk and Talk (Walk Across Texas)**

With added nutrition messages in a discussion format, Educators walk with the BLT participants once a week while discussing nutrition topics, focusing on Fruits &

Vegetables (accessibility, gardening, nutrients, recipes, etc.) and Healthy Drinks (hydration, flavored waters, sugary drinks, etc.) This is an eight-week series. To keep up your new healthy habit of exercising, you can participate in Walk Across Texas. This eight-week walking program is geared for teams of eight (8) people. Teams have a friendly competition to see who can log the most miles walking, jogging, or biking. You can even dance, do aerobics, or ride a stationary bike! Everyone’s miles are recorded on the Texas map posted in a public place so everyone can see your progress. You can also enter your miles on the Web and track your progress online. The team that walks the farthest “across Texas” will win, but everyone who participates will take home a healthy habit - walking for fitness! Bozeman has finished one series at the Lubbock Dream Center. She had 26 participants, 26 graduates, and 192 personal contacts. Bozeman has begun three additional Walk and Talk programs at: the Lubbock Dream Center, Shallowater Afterschool Centers for Education (ACE), and the Lubbock Senior Center. These programs began in September and conclude in October and focus on “Rethink Your Drink.”

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Lubbock County Extension Staff
 P.O. Box 10536, Lubbock, TX 79408
 916 Main, Suite 401, Lubbock TX 79401
 (806) 775-1740 Fax: (806) 775-1758

Ronda Alexander

Ronda D. Alexander, CEA-4-H & Youth Development

Robert Scott, CEA-Ag & Natural Resources
 Brant Baugh CEA-Ag & Natural Resources
 Christina Reid, CEA-Horticulture
 Cory Edwards, CEA-Family & Community Health
 Ashlyn Aljoe, Asst. EA-FCH
 Amber Bozeman, EA-Better Living for Texans
 Open, CEA-UYD

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