

# 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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Issue I

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### Agriculture and Natural Resources

#### Commercial Turf and Ornamental Workshop held January 26

Mark Brown, County Extension Agent - Ag and Natural Resources

The Lubbock County Staff offered a Commercial Turf and Ornamental Workshop for licensed TDA and Structural Pest Control pesticide applicators on January 26. A total of 23 professionals received continuing education. This has been offered annually to allow licenced applicators to receive required, reasonably priced continuing education credits regarding subject matter specific to their line of work.

*Issues Addressed: Water Education, Soil Nutrition and Health,  
Pesticide Education.*

#### Educational Programs for Producers and Agri-business

Mark Brown, County Extension Agent - Ag and Natural Resources

On February 8, Lubbock County staff conducted an Extension Educational Program at the Southwest Farm and Ranch Classic farm show in Lubbock (93 attending). The meeting provided producers with technology updates, tips, and strategies for enhancing net profit for the 2012 growing season. The emerging issues of documented herbicide resistant pigweed on the South Plains and new groundwater pumping restrictions were addressed at this meeting. Producers were also provided an update on the Farm Bill



4-H Photography entry submitted by Sabrina Milliron.  
Sabrina is a member of the Shallowater 4-H Club.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1680 to determine how reasonable accommodations can be made.

*Educational program of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.  
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

process and strategies for coping with the current drought conditions. An evaluation from 53 respondents indicated that they managed a total acreage base of 104,412 acres. Of the 53 responding, 42 (79%) indicated that they planned to implement changes based on this program.

*Issues Addressed: Water Education, Farm Bill Implications, Pesticide Education, Commodity Marketing.*

### **Lubbock Master Gardener Association Helps Fill the Gap**

Mark Brown, County Extension Agent - Ag and Natural Resources

Because of the loss of 2 positions in the Lubbock County office due to the State Budget, and also because of personal career decisions, the Lubbock County Extension Staff is currently at 60% of the number of staff employed in 2010. The remaining staff is working diligently to try to maintain a level of programming that Lubbock County clientele have been receiving in the past.

To help with this effort, the Lubbock Master Gardener Association has stepped up educational programming efforts to help fill the gap. In addition to a weekly talk radio program on KJTV, they have recently developed an 'expert call list' to help the Lubbock County staff respond to direct requests from the public for horticultural and gardening information. The web site developed by this group also helps provide a wealth of information to South Plains residents regarding home landscaping, gardening, and methods of landscape water conservation.

According to the 2011 Lubbock Master Gardener Annual Report, a group of 55 certified master gardeners and 13 interns reported 3,068 volunteer hours (valued at \$65,532.). During 2011, the Lubbock Master Gardeners managed/taught at 3 school gardens, and conducted 51 speaking engagements with a total attendance of 1,507. The results of their work can be seen across Lubbock at such places as the Veterans Memorial and the American Wind Power Museum. This dedicated group of volunteers is stepping up to serve as the "urban arm," the heart and hands of Extension.

*Issues addressed: Water Education, Soil Nutrition and Health, Pesticide Education*

## **4-H and Youth Development**

### **4-H'ers Exhibit Public Speaking Skills**

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

This year fifteen youth participated in the County 4-H Roundup competition where they exhibited their public speaking skills through educational presentations or Share the Fun presentations. The opportunity for youth to develop their public speaking skills is one of the best projects that 4-H offers to youth. Through this project, youth develop a speech or presentation and then present it for judges and an audience. Seniors are also required to answer questions about their presentations. There are a wide variety of subject matter areas that youth may choose from, as well as some creative arts categories in the Share the Fun, which include vocal, musical, choreographed routine and poetry or prose readings. These youth will also advance to the District competition on May 5 in Levelland. Seniors will also have the opportunity to qualify for State 4-H Roundup which will be held in Lubbock in June.

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

### **New 4-H Club in the Works**

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

Through a new 4-H volunteer, plans are underway to establish a new 4-H Club at Christ the King Cathedral School. Currently it has begun with senior members, who consequently are also involved in the 4-H Public Speaking project. Plans are to open the membership next year to students at the school, providing many new opportunities for them to get involved in the variety of 4-H projects that are available.

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

### **4-H'ers Expand Skills in Clothing and Textiles Project**

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

This year we have expanded the 4-H Clothing and Textiles project from sewing and developing consumer skills, to include designing fashion storyboards. Through the fashion storyboard competition, youth are able to take a topic area and design a fashion or accessory based on that topic. This year's topic was "Around the World." We had

eleven fashion storyboards which were developed and submitted for the District competition. One of the senior members will also advance to state with her fashion storyboard entry. The clothing project is more than just learning to sew, it also includes developing consumer skills to purchase garments as well as learning about the design aspect.

For our county activities we conducted workshops making a basic skirt (or pajamas for boys), toured the South Plains Mall (learning about the retail industry from a Mall perspective), learned about proper skin care from the Clinique counter at Dillard's, and competed in both Fashion Show and Fashion Storyboard competitions, with both boys and girls involved in the project. 4-H has something for everyone.

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

## Family and Consumer Sciences

### Building Strong Families Conference

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The 2011 BSF Conference with approximately 724 participants was evaluated at the January BSF meeting. Results were also included in the annual report.

The Building Strong Families Board meets monthly to plan the 2012 conference. The speakers committee has met and is working to identify and schedule speakers.

*Issue Addressed: Parenting*

Upcoming Event

The 2012 Conference will be held on Thursday, October 25, 2012 at the Lubbock Memorial Civic Center.



### Better Living for Texans

E. Kay Davis, County Extension Agent - Family & Consumer Sciences  
Mary Alice Roberts, BLT Extension Assistant

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 (with a Full-time Extension Assistant). The county will contribute 520 hours of nutrition education for limited income families, 312 supervision hours, will have a minimum of 300 direct educational contacts and will graduate 50 adults from a 3-lesson series. On average, a full-time Extension Assistant should conduct a minimum of twelve to twenty-four (12-24) educational programs per month.

329 seniors are receiving monthly nutritional programs at BLT qualified centers. First Quarter topics included: In the Know About Nutrition: Choosing My Plate, Keys to a Healthier You and Why Cholesterol Matters.

Mary Alice Roberts, BLT Extension Assistant, reported:

- Better Living for Texans (BLT) three lesson series Back to Basics was taught for clients of Catholic Charities, LISD Head Start, and Walker House. Nineteen clients received certificates this quarter on completing the lesson series. These lessons will be evaluated as a BLT series.
- Nutrition Education classes for preschoolers were taught by My Father's House Child Development Center once a week introducing the food groups of MyPlate.
- First United Methodist Church was the meeting place for Grandparents Raising Our Children Kids (ROCK) to receive nutrition information twice this quarter.
- My Plate, Portion Sizes and Food Safety was introduced to Head Start Parents at Stephen F. Austin Elementary in Slaton, TX.
- Choose MyPlate was presented one time to participants at Pre Natal classes at the Lubbock Community Health Center.

- Two classes were taught at The Bridge of Lubbock after school program. The lessons were MyPlate and a hand washing demonstration.
- Health Fairs this quarter included The Area Youth Summit with 300 high school seniors and Bayless and Jackson Elementary with 926 participants. MyPlate was the theme for these fairs. This quarter we had three Texas Tech University Dietetic Interns helping with presentations.

Total contacts for January were 55,688, February 163 and March 51,286.

*Issue Addressed: Nutrition and Health*

### **Do Well, Be Well with diabetes™**

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

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.



Through the use of Do Well, Be Well and Cooking Well with Diabetes, program participants will improve their blood glucose management, thereby reducing their risks for complications and to attain their highest possible level of wellness. The Cooking Well with Diabetes program provides the practical application of the knowledge and skills gained in the Do Well, Be Well With Diabetes.

A combined Do Well, Be Well/Cooking Well With Diabetes series is being presented in collaboration with the Community Health Center of Lubbock on Tuesday night and Wednesday mornings. Fourteen attended the first 8 week series, with 6 graduating, and 10 are attending series #2 on Tuesday nights currently. Call the County Extension Office at 775-1680 for information.

*Issue Addressed: Nutrition and Health*

### **Senior Nutrition Programs**

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Each month, county extension agents present pertinent nutrition information for six of the nutrition sites serving senior adults in Lubbock County. Four senior centers are BLT sites and two are non-BLT sites. During the first quarter of 2012, approximately 329 BLT and 350 Non-BLT individuals were reminded of healthy eating related to In the Know About Nutrition: Choosing My Plate, Keys to a Healthier You and Why Cholesterol Matters. In addition to demonstrations or “object lesson” presentations, seniors received a printed reference sheet for further study. Following the presentations, seniors always take the opportunity to discuss practical strategies for improving their health with nutrition.

Programs for this next quarter are: Omega 3 Fats and Your Health, How Can I Lower Cholesterol with a Cholesterol Tracker?, and Make Your Bones Fit for Life.

*Issue Addressed: Nutrition and Health*

### **Food Protection Management**

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The Food Protection Management program offered through Texas AgriLife Extension will be offered by Agents: Kay Davis and Deana Sageser 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.

Hale and Lubbock counties plan to team teach classes in April, July and August. The class held in Plainview March 28-29 had 6 completing the 2-day course. The next class is set for April 25-26 in Lubbock.

*Issue Addressed: Nutrition and Health*



## Texas Extension Education Association

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

This association works with Texas 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 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 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 for 2012 include: "The Face of Hunger," "Healthy Eatin' and Livin'," "Wind Power," "Don't Be A Fool Conserve," "Home Energy," "Breast Cancer Awareness," and a tour.

Tours will be determined throughout the year but may include touring the South Plains Food Bank in June. The group attended the District 2 TEEA meeting in Brownfield in March. Members receive the bi-monthly Family Network Newsletter in efforts to advertise programs.



## Other

### National Volunteer Week

**April 15-21**

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

Mark Brown, County Extension Agent - Ag and Natural Resources

Kay Davis, County Extension Agent - Family and Consumer Sciences

Volunteers are an integral part of Texas 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, just to name a few!

In 2011, approximately 1,410 volunteers contributed 15,789 volunteer hours in Lubbock County. The value of this service was \$337,253.04 given back to you - the residents of Lubbock County.

Hat's off to each of you who volunteer to "make the best, better."

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A handwritten signature in black ink that reads "C. Mark Brown".

C. Mark Brown, CEA-Ag

Ronda D. Alexander, CEA-4-H

E. Kay Davis, CEA-FCS

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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 AgriLife Extension Service - (806) 775-1680, as soon as possible to advise us of the auxiliary aid or service that you will require.