

# THE HUB

Monthly Newsletter following Urban Youth Development in Lubbock County. Highlighting activities spotlighting youth leaders, developing youth through curriculum and raising awareness.

youth Spotlight



youth Spotlight

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## Community Spotlight

"Everything runs through Lubbock.."  
 -Joey McGuire

# BORN AND RAISED...

A message from Amber Bozeman, Extension Agent-Urban Youth Development

March 1st, I started a new adventure. I accepted the position as the Urban Youth Development Extension Agent for Lubbock County. Lubbock County has been my home for most of my life. I have been blessed by the rich culture, strong heritage, and Texas grit that comes from growing up here on the dusty plains. I remember hearing stories about my grandmother's high school days at Lubbock High with her bestie Peggy Sue (yep- that one). My parents were high school sweethearts at Coronado High School. My stomping grounds as a child started with Billie Joe's Dance Studio, to the Dance Gallery, to performing in the Nutcracker at the Civic Center, to the halls of Coronado High School, to the stage of The Cactus Theatre, to the ABC rodeo, to sitting in grass at a Texas Tech football game, to rollerblading around Texas Tech with friends. A night in 1997, was hanging with friends at DayBreak Coffee House, swinging dancing downtown, and cruising 82nd street. I am so thankful for my childhood in Lubbock County and the countless community members and community programs that poured into my life. Additionally, I have been blessed to be able to raise my three boys in Lubbock County. I am excited to give back to my community through bringing quality programs to Lubbock County Youth and to spotlight amazing youth here in Lubbock County!

Hi, There!!  
 I am Amber!



I am farmer's wife,  
 mother, Lubbockite, and  
 extension agent!



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# AN IMPACT

you *spotlight*

By Kate Cooper



**The livestock industry is an industry that everyone in the nation participates in. The livestock shows, the breeding aspect, the ranching, the teaching– all of it makes up one of the most important industries in today's day and age. Even though some people want to do away with the livestock industry, they don't realize just how much of an impact it has on their lives as well as the ones participating in it. For generations my family has been full of farmers, ranchers, showmen, and many more. It is the only way of life I know. I don't know what I would do without the pigs in my barn or the cattle outside my bedroom window, and I frankly don't want to find out what my life would consist of without it. All the research I've done over all the components of this industry makes me intrigued as to why so many think it's bad for us or not good for our well being, when in reality it's putting clothes on our backs and food on our tables..**

**I get up, go straight to the barn to feed, go to school, then I come home and go back to the barn. I'm working all year round on something involved with livestock, whether that be a speaking event, a stock show, or judging contests. It takes up all aspects of my life. From all the late nights in the barns to the early mornings getting ready to show, I eat, sleep, and breathe this industry. I have the same group of animals starting in August when they are so small they can fit in my lap; everyday I go out to the barn and exercise them or make sure they look presentable. There are so many things that go into showing these animals and making sure they're market ready. Then February and March come around, and all that hard work finally pays off. The feeling of walking on those shavings and the atmosphere when I'm in the ring is something so electrifying, there is truly no other feeling that comes close to being in the show ring.**

**Furthermore, the relationships that have come from this industry are some of the best ones I'll ever have. All the leadership skills, team work, time management, and people skills I've learned are something that I definitely don't take for granted. I've made great connections with people that can help me in the future. All these things that I've learned or the relationships I've made have been so beneficial to who I've become as a person. Even at the ripe old age of 2 I was involved; seeing as my dad was an Ag teacher I was basically raised by his students. That's where my love for the livestock industry came about.**

**The livestock industry has an impact on each and every person that has worked in it; or even the people that have benefited from it. Many of today's generations are trying to depend less and less on this industry; however, at the end of the day they will never be able to live quality life without this organization. Many families have been in the livestock industry for decades and have seen it grow even through all the discrimination that it has received in past years. I am one of many people advocating for this industry, and the fight will not be over until I help the livestock industry as much as it has helped me.**



*"All the leadership skills, team work, time management, and people skills I've learned are something that I definitely don't take for granted. I've made great connections with people that can help me in the future. All these things that I've learned or the relationships I've made have been so beneficial to who I've become as a person."*



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# GROWING UP

## Youth Spotlight

By Matt Collins



"At a young age, I was introduced to the vibrant agricultural community that defines this area. The support from generous individuals in the ag industry who have continuously donated to the county sale has been instrumental in fueling my passion for raising and showing sheep."



**Growing up in Lubbock County has been an enriching journey filled with invaluable experiences. At a young age, I was introduced to the vibrant agricultural community that defines this area. The support from generous individuals in the ag industry who have continuously donated to the county sale has been instrumental in fueling my passion for raising and showing sheep. Their contributions have not only enabled me to pursue my passion but have also taught me the importance of giving back to the community. Through my involvement in the county stock show and other county events, I have formed lifelong friendships with fellow exhibitors who share my love for livestock and competition.**

**The camaraderie and competitiveness in the show ring of Lubbock County have pushed me to strive for excellence and constantly improve since everyone around me was also constantly improving. As I reflect on my upbringing in Lubbock County, I am grateful for the opportunities it has provided me and the many different ways it has inspired me.**

**Growing up in Lubbock County has not only cultivated a deep appreciation for agriculture but has also taught me the importance of unity, perseverance, and the profound impact of Community support.**

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## PROJECT HUB

### COMMUNITY SERVICE EVENTS

# JOIN OUR AMAZING TEAM!



We're looking for young visionaries interested in working with us to make our world a better place. We are looking for current 9th through 12th graders who live in Lubbock County who want opportunities to expand their community serve experience. Learn leadership skills while helping others and developing community service projects. Scan the code below to apply.




**COMING SOON ...**

## Community Service Spotlight



### Interested in serving?

The Lubbock Dream Center programs are heavily dependent on the donation of time from our amazing volunteers. There are many opportunities to volunteer from sacking groceries to pouring a cup of coffee with a smile on your face. Whether it is a few hours, an entire day, or giving your time on a regular basis, there are many opportunities for you or your group to serve!

Please take a few moments to complete the following questionnaire. Once we receive your information, a volunteer coordinator will be in touch soon to discuss the available volunteer opportunities in more detail.

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# COMMUNITY SERVICE SPOTLIGHT



*Looking for garden  
helpers!*



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# CURRICULUM SPOTLIGHT

Color Me Healthy was a county wide project! Agrilife Extension partnered with four area school districts to bring fruit and vegetable tasting experiences to approximately 400 preschool and kindergarten students! (images below are Idalou Elementary)



**A colorful food tasting experience for  
local Headstart and Preschoolers.  
Taste a Rainbow of Fruits and Veggies!  
Provided by Texas A&M AgriLife Extension**



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## youth Development Spotlight

# Be Mindful to Stress Less



from [www.kidshealth.org](http://www.kidshealth.org)

## Too Much on Your Mind?

Most kids have a lot on their minds. It can feel like you have so many things to do — and so many things to keep track of. Maybe there are worries or problems on your mind, too.

Did I do all my homework? Is that paper I need in my backpack? What time is it? I need to catch the bus! Is my friend going to meet me? Do we have practice today? Will I get picked for the team? Will I do OK on that test tomorrow?

Having too much on your mind can be stressful. When you feel this kind of stress, you might rush through things, get more distracted, be less patient, and not enjoy things as much. You might start to think, “I can’t keep track of all this — I’ll never get it all done!” If you feel like this, it’s time to stress less. Slowing down to be mindful can help.

## What Is Being Mindful?

Being mindful means having your mind on what you are doing. It’s the opposite of rushing or doing too many things at once. To be mindful, you slow down to take your time. You do one thing at a time. You focus on what you’re doing in a calm way. Taking a few minutes to pause, breathe, and be mindful lowers stress. It calms your mind and your body. When you feel calm, take your time, and have your mind on what you’re doing, it’s easier to get things done. And it’s easier to do your best. When you’re rushed, busy, and stressed, you might think, “I don’t have time to slow down!” At first, it can be hard to snap out of a stressful rush to s-l-o-w down and breathe. That’s why it’s good to learn how to be mindful at a time when you’re not in a stressful rush. Find a quiet time — and try mindful breathing. It is one of the best ways of learning to be mindful.

## How Can I Try Mindful Breathing?

Mindful breathing is simple and easy to learn. You just pause to take a few slow and easy breaths. For these few minutes, you decide to let your mind be on your breathing — instead of letting your mind be on everything else. Try it like this:

1. Sit in a relaxed way. If you want, close your eyes.
2. Start to notice your breathing. Breathe in through your nose. Breathe out through your nose. Try to let your breathing be slow and easy. Breathe in. Breathe out.
3. Notice how your body feels as you breathe. Can you feel the air tickle your nose as you breathe? Does the air feel cool or warm? Can you feel your belly, your chest, or your rib cage move as you breathe? If you want, put one hand on your belly or on your chest. Let each breath calm you. If you want, when you breathe out, you can sigh out some stress (you can make a sound like “hahhh” or “hmmmm”).
4. Take your time. Keep your mind on your breathing. If your mind wanders (you start thinking of other things), gently guide your mind back to your breathing. See if you can take four slow, calm breaths. If you want, take four more.
5. When you are finished, slowly open your eyes. Notice how you feel.

## When Can I Use Mindful Breathing?

There are plenty of times mindful breathing can help you. The more often you practice mindful breathing, the more it helps. Try mindful breathing:

- in the morning to get your day off to a great start
- at bedtime to help you get a peaceful night’s sleep
- when you’re dealing with a big emotion — like feeling frustrated, angry, upset, or anxious

A few mindful breaths can help a big emotion settle. Try it when you’re stressed. Mindful breathing helps you cope in a calm way. If you do mindful breathing for a few minutes every day, it can help you train your attention and learn to focus better.

If you need more help with stress or have a lot on your mind, talk about it with a parent, teacher, or counselor.

Medically reviewed by Dr. Tracy Lyness, PhD  
Date reviewed: January 2023

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.  
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# Youth Development Spotlight

## Awareness Spotlight

ONE  
PILL CAN  
KILL

DRUG ENFORCEMENT ADMINISTRATION

## SOCIAL MEDIA Drug Trafficking Threat

### WHAT WE KNOW

With the growth of social media and the proliferation of smartphones, a dangerous and deadly new drug threat has emerged: **criminal drug networks are abusing social media to expand their reach, create new markets, and target new clientele.** This includes by selling deadly fake fentanyl and methamphetamine pills, often to unsuspecting teenagers, young adults, and older Americans, who think they are buying the real thing.

No longer confined to street corners and the dark web, criminal drug networks are now in every home and school in America because of the internet apps on our smartphones.

### HOW IT WORKS

#### ONE-STOP SHOP

Drug traffickers have turned smartphones into a one-stop shop to market, sell, buy, and deliver deadly, fake prescription pills and other dangerous drugs. In just three steps, deadly drugs can be purchased and delivered to your home just like any other good or service.

#### 1. Advertise

Drug traffickers advertise on social media platforms like Facebook, Instagram, Snapchat, TikTok, Twitter and YouTube. These advertisements are in disappearing, 24-hour stories and in posts, which are promptly posted and removed. Posts and stories are often accompanied by known code words and emojis that are used to market and sell illicit and deadly drugs on social media. These code words and emojis are designed to evade detection by law enforcement and by the preset algorithms used by social media platforms.



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"He just wanted relief from his anxiety. **That one pill contained a lethal dose of fentanyl.**"

— Becky, who lost her son Cameron to deadly fentanyl

[OnePillKillsTX.com](http://OnePillKillsTX.com)



Coming soon...



Leaders for Life

**SCHEDULE**

**TODAY FOR 2024!**

We offer leadership events, training experiences, and presentations for schools, youth groups, clubs, etc. This is a free service provided to Lubbock County.



GRUB- Growing Recruits for Urban Business  
this month we are focusing on resume writing!



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# Around AgriLife

## TEXAS COMMUNITY FUTURE FORUM

**LET YOUR VOICE BE HEARD!!**

**WE NEED OUR COMMUNITY  
TO HELP US LOOK TOWARD  
THE FUTURE!**

TEXAS A&M  
AGRI LIFE  
EXTENSION



- Tuesday,  
April 9

6:30-8:30pm  
916 Main Street  
1st Floor Meeting Room  
Lubbock

- Assist Lubbock  
County AgriLife  
Extension Agents  
identify  
community wide  
issues.

- All Lubbock  
County residents  
are invited.

For more information call or come by the Extension Office: 806-775-1740

*We need you!!*

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## THE LIGHTS FEST – LUBBOCK

📅 Apr 6, 2024  
Lubbock Speedway  
📍 2110 E County Rd  
Lubbock, TX 79404  
🎫 52  
📞 (801) 703-8790



## QUAILAPALOOZA

📅 Apr 6, 2024  
National Ranching Heritage Center  
📍 3121 4th Street  
Lubbock, TX 79409  
🎫 \$5 for non-members, free for Ranching Heritage Association members  
📞 (806) 742-0498



## 55TH ANNUAL RANCH DAY

📅 Apr 20, 2024  
National Ranching Heritage Center  
📍 3121 4th Street  
Lubbock, TX 79409  
🎫 Free admission (\$5 donation appreciated)  
📞 (806) 742-0498

*Around Lubbock*



APRIL 13-14, 2024  
LUBBOCK MEMORIAL CIVIC CENTER  
LUBBOCK  
Arts Festival  
COLORAMA  
PRESENTED BY  
United  
supermarkets



FOSTERING BGMG MUSICAL GROWTH  
BUFFALO GRASS FEST  
APRIL 7TH  
LOUISE HOPKINS UNDERWOOD CENTER  
WORKSHOPS  
1:00 p.m.-5:00 p.m. | Dinner 5:00 p.m.  
CONCERT | 6 P.M.  
FEATURING  
THE PETERSON BROTHERS

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Project Hub is for students from the Lubbock area who are interested in learning leadership skills, college readiness, career readiness, mindful living, personal character development and serving the community through volunteering. Through collaboration with GRUB - GROWING RECRUITS FOR URBAN BUSINESS and a network of partners, Project Hub will find ways to make a meaningful impact in the community. Participants engage in youth-organized meetings, hands-on service projects, and opportunities for leadership. All of these activities work toward creating the next generation of community leaders!



Coming soon...

PODCAST



Contact info:

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