

THE HUB

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

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"Everything runs through
 Lubbock.."

-Joey McGuire



FAMILIES READING EVERY DAY...

A message from Amber Bozeman
 Extension Agent-Urban Youth Development

Hi, There!!
 I am Amber!



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



Get ready for a fun and engaging virtual Read-A-Thon this February, designed for families to read together every day! The challenge starts with 15 minutes of reading each day for the first two weeks, and then ramps up to 30 minutes daily for the next two weeks. It's a perfect way to bond over books, foster a love of reading, and create lasting memories as a family. Join us for this exciting journey and let's make reading a daily adventure!

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Curriculum Spotlight

This month, we're excited to bring a "Path to Plate" program. Ag in the Bag, to pre-kindergarten and kindergarten students in partnership with Slaton ISD. Through this hands-on learning experience, students will explore the role of sheep in agriculture and the various products they provide.

from wool to meat and milk. The program will include fun, interactive lessons, including a read-aloud story about sheep to help children connect with the animals and their importance.

Students will gain a deeper understanding of where their food comes from and how sheep contribute to the world around them. It's a wonderful opportunity to introduce young learners to the journey from farm to table, all while making it fun and engaging!



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Curriculum Spotlight

Ag Storytime, a monthly program in partnership with Lubbock Libraries, brings agriculture to life for young learners in a fun and interactive way. This month, the focus was on sheep, featuring delightful books like *From Sheep to Sweater*, *Sheep, Sheep*, and *Sheep Dog*, and *Sheep in a Jeep*. Children not only enjoyed these engaging stories but also participated in a hands-on STEM activity, where they explored the science behind wool and the journey from sheep to sweater. It's a great way for kids to connect with farming, animals, and the world of agriculture while building a love for reading!



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Youth Spotlight

Laiken Beerwinkle



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Youth Spotlight

The Privilege of Growing Up in Lubbock County...

By Lauren Beerwinkle

I've had the privilege of growing up in Lubbock County 4-H for the past 10 years. I started at 8 years old, showing steers, though I cried every time I stepped into the ring. I was terrified of those big animals, just like any little girl! I'm so grateful I stuck with it because it's become one of my greatest passions. Through 4-H, I've learned countless life lessons that I'll carry with me into the future and even instill in my own kids. In addition to showing steers, I've had the opportunity to serve as a Youth Leader Lab counselor, compete at the Texas 4-H State Roundup, and participate in photography contests, livestock judging, food challenge, and healthy lifestyles. I've also been part of the Lubbock County Southside 4-H Club Youth Leadership Team for the past two years. While I'm sad to be finishing my time in 4-H, I'm excited to use the skills I've gained to continue advocating for agriculture. The mentors and friendships I've made will stay with me forever. Thank you, Lubbock County 4-H for the best 10 years of my life



Now

Vs.

Then



Helping. Understanding. Building Youth

what does Urban youth Development do?



LUBBOCK COUNTY CURRICULUM ENRICHMENT PROGRAMS

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HELPING TEXANS THRIVE

Texas A&M AgriLife Extension Service provides innovative solutions at the intersection of agriculture, natural resources, youth and health, thereby improving the well-being of individuals, families, businesses and communities through education and service.

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What does urban youth development do?



Ag in the Classroom

- Ag in the Bag - ready to go ag lessons provided seasonally for K-2 classrooms covering a variety of topics
- Farm Safety
- Egg Nutrition
- Classroom Gardens
- Egg to Chick
- Farm to Table
- Path to Plate
- Color Me Healthy (prek)
- Learn, Grow, Eat, Go
- And many more!!!

Ag in a Bag- Ag Day

Coming Soon...

A hands-on field day in partnership with Texas Tech College of Agriculture. Students will experience a variety of learning stations to learn how food makes it from farm to table.

South Plains Fair -

Childrens' Barnyard

- Schedule your class for a tour during the fair!

We are here for you!

AS EXTENSION AGENTS WE ARE HERE TO HELP YOU EDUCATE STUDENTS. MOST OF OUR LESSONS ARE CREATED TO COVER TEKS IN SEVERAL AREAS. WE HAVE LISTED SOME OF THE PROGRAMS WE ARE ABLE TO BRING TO YOU TO HELP SUPPLEMENT THE LESSONS YOU ARE ALREADY TEACHING. MANY ARE ADAPTABLE FOR ALL AGES.

- **HAND WASHING**
- **FRED- FAMILIES READING EVERYDAY**
- **AG STORYTIME**
- **CHOOSE HEALTHY (6-12)**
- **BREAD IN A BAG**
- **TOWARDS NO TOBACCO/VAPE**
- **WALK ACROSS TEXAS**
- **MYPLATE NUTRITION**
- **TRAFFICKING AWARENESS (6-12)**
- **SUN SAFETY**
- **DISTRACTED DRIVING (9-12)**
- **BICYCLE SAFETY**
- **WATCH UR BAC**
- **LEADERSHIP**
- **CHARACTER DEVELOPMENT**
- **HEALTH ROCKS**
- **TECH CHANGEMAKERS**
- **SEX TRAFFICKING AWARENESS**

If you have additional needs, please don't hesitate to call. We can't possibly list all the classes we teach, but this will give you an idea. We have a wide variety of resources at our disposal and can organize many programs to fit your needs. Our programs are free of charge, and we love getting to come into the schools and help! You can google these if you would like more information, or feel free to give us a call anytime!!

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what does Urban youth Development do?



Mindful Self

Mindful SELF is a 6- lesson program that teaches youth mindfulness and social & emotional concepts. Cultivating mindfulness and developing social and emotional learning skills helps individuals of all ages cope with stress and live life more fully. The goals of Mindful SELF are:

- Learn about holistic wellness through the 8 dimensions of the Wellness Wheel
- Learn and practice mindfulness and how to cultivate it into daily life
- Gain social and emotional skills to benefit themselves and those around them
- Practice self-care activities, including mindfulness breathing and mindful movement exercises

Each of the 6 lessons is designed to last 30-40 minutes. Lessons are structured in the following format: 1) Key background information and definitions, 2) Instructional discussion guide, 3) An interactive activity, and 4) A lesson closure. Optional "Take it further" activities are also included in each lesson, which consist of weekly affirmations, self-care exercises, videos for short, guided meditations, and journal prompts. The optional components may be taught in addition to the core curriculum if time allows or can be done at home with parents. The program is delivered by Extension agents or trained teachers/school staff.



Additional Services

Serve on committees- SHAC, CTE, SBDM, etc.
Judge, consultant, or resource for contest or event
Provide programming for parents
Additional option for extra-curricular involvement
Mentoring and peer education opportunities



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Community Spotlight

TEXAS A&M
AGRI LIFE
EXTENSION
urban youth development
Lubbock County

LUBBOCK COUNTY

URBAN YOUTH DEVELOPMENT COMMITTEE MEETING

JANUARY- FEBRUARY



**Coat Drive for The Lubbock Dream Center and
Idalou Middle School!**

***Drop off at the Lubbock County extension
office 916 Main St. Suite 401 or Bozeman Tire
and Machinery**



**Contact Blaze .. scan the code
below to get involved!**



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Curriculum Spotlight

SO FAR...

75 families
11,451 minutes total
1892 books total



Families Reading Every Day (FRED) is a 4-week FREE reading initiative designed to bring families together through the joy of reading.

Program Highlights:

- **Strengthen family bonds** and promote literacy development.
- **For all ages:** Suitable for adults with kids of any age.
- **Set your own pace:** Aim for 15 minutes a day for the first 2 weeks, and 30 minutes a day for the next 2 weeks. Adjust based on your family's needs.



Scan to get started!

TEXAS A&M
AGRI LIFE

How to Participate:

1. REGISTER or LOGIN
2. Create a Child Profile
3. Start a New Session
4. Enjoy 4 Weeks of Family Fun!

GROUP CODE: Wildcat

Weekly Prizes and a Grand Prize for the Top Reader!

Start reading together and make lasting memories with FRED!



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Awareness Spotlight

THE FACTS ABOUT FENTANYL

FENTANYL FACTS

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the U.S.¹

Fentanyl is a synthetic opioid that is up to

50x stronger than heroin **100x** stronger than morphine

There are two types of fentanyl: pharmaceutical fentanyl and illicitly manufactured fentanyl. Both are considered synthetic opioids. Pharmaceutical fentanyl is prescribed by doctors to treat severe pain, especially after surgery and for advanced-stage cancer. However, most recent cases of fentanyl-related overdose are linked to illicitly manufactured fentanyl, which is distributed through illegal drug markets for its heroin-like effect. It is often added to other drugs because of its extreme potency, which makes drugs cheaper, more powerful, more addictive, and more dangerous.

ILLICITLY MANUFACTURED FENTANYL

Illicitly manufactured fentanyl (IMF) is available on the drug market in different forms, including liquid and powder¹. Fentanyl-laced drugs are extremely dangerous, and many people may be unaware that their drugs are laced with fentanyl.



Powdered fentanyl looks just like many other drugs. It is commonly mixed with drugs like heroin, cocaine, and methamphetamine and made into pills that are made to resemble other prescription opioids.

Street Names for Fentanyl

- Apache
- Dance Fever
- Friend
- Goodfellas
- Jackpot
- Murder 8
- Tango & Cash¹



In its **liquid form**, IMF can be found in nasal sprays, eye drops, or dropped onto paper like small candies.

DRUGS DO NOT COME WITH

AN INGREDIENTS LIST.

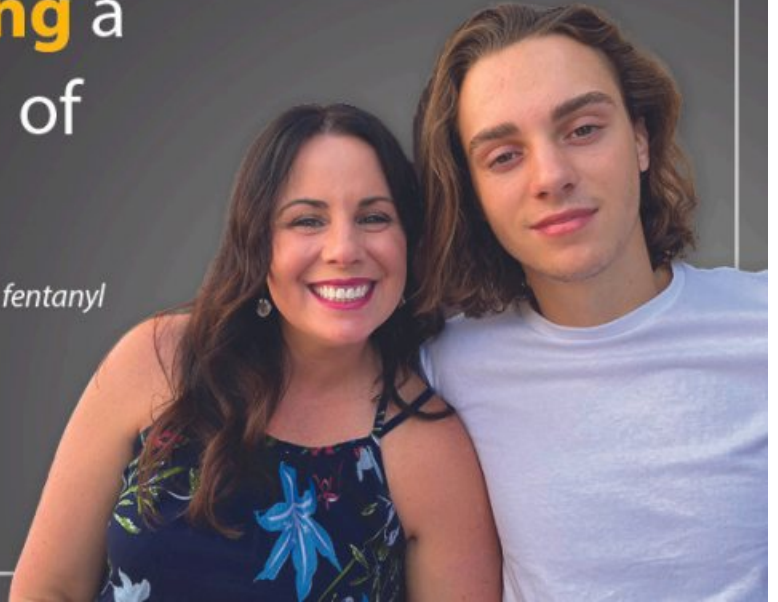
MANY CONTAIN DEADLY

DOSES OF FENTANYL.

"Fentanyl is taking a
whole generation of
brilliant minds."

— Stefanie, who lost her son Tucker to deadly fentanyl

OnePillKillsTX.com



More Information...

The One Pill Can Kill campaign encourages the use of social media to help raise public awareness of a significant nationwide surge in counterfeit pills that are mass-produced in labs, deceptively marketed as legitimate, and are killing Americans at an unprecedented rate. Additionally, Agent Bozeman can provide in person educational presentations about fentanyl and connect Lubbock County schools and organizations with Watch UR BAC. Texas A&M AgriLife Extension Service, through a grant from the Texas Department of Transportation (TxDOT), has a campaign, Watch UR BAC, to teach Texans about the dangers of alcohol and other drugs misuse—including binge drinking, the understanding of alcohol poisoning as well as the dangers of impaired driving. The Watch UR BAC program is a free resource to Texas community groups, faith-based organizations, schools, and businesses. Watch UR BAC is an awareness campaign that refers to blood alcohol concentration (BAC) which is used as a measure of the degree of intoxication of an individual. Binge drinking is a continuing problem in Texas, and most who binge drink do not know the amount and effects of the alcohol they are consuming. Contact Agent Bozeman at the extension office for more information.

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Project Grub 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



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